

redbook

WAKE UP HAPPY!

All-natural tricks
for better sleep

75

BEST BEAUTY TIPS OF ALL TIME

Turn page for a preview

**Lose the back pain,
nix the headaches**
Secrets from top doctors

Kelly Clarkson

How she made
peace with her
life and her body.
So inspiring!

23
**breakfast
shortcuts for
crazy-busy
mornings**

Outfits that
do great things
for your shape



WELCOME TO
Beauty
school

Hit our special section for expert tricks, “aha” tips, and massive doses of confidence.

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FROM TOP: JOHNNY MILLER; GETTY IMAGES.

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“You don’t realise you want
softer underarms until you try it.”

Rachel Weir

new

New Dove Advanced
Care goes way
beyond protection.
9 out of 10 women
agreed that it made
their underarms
soft and smooth.





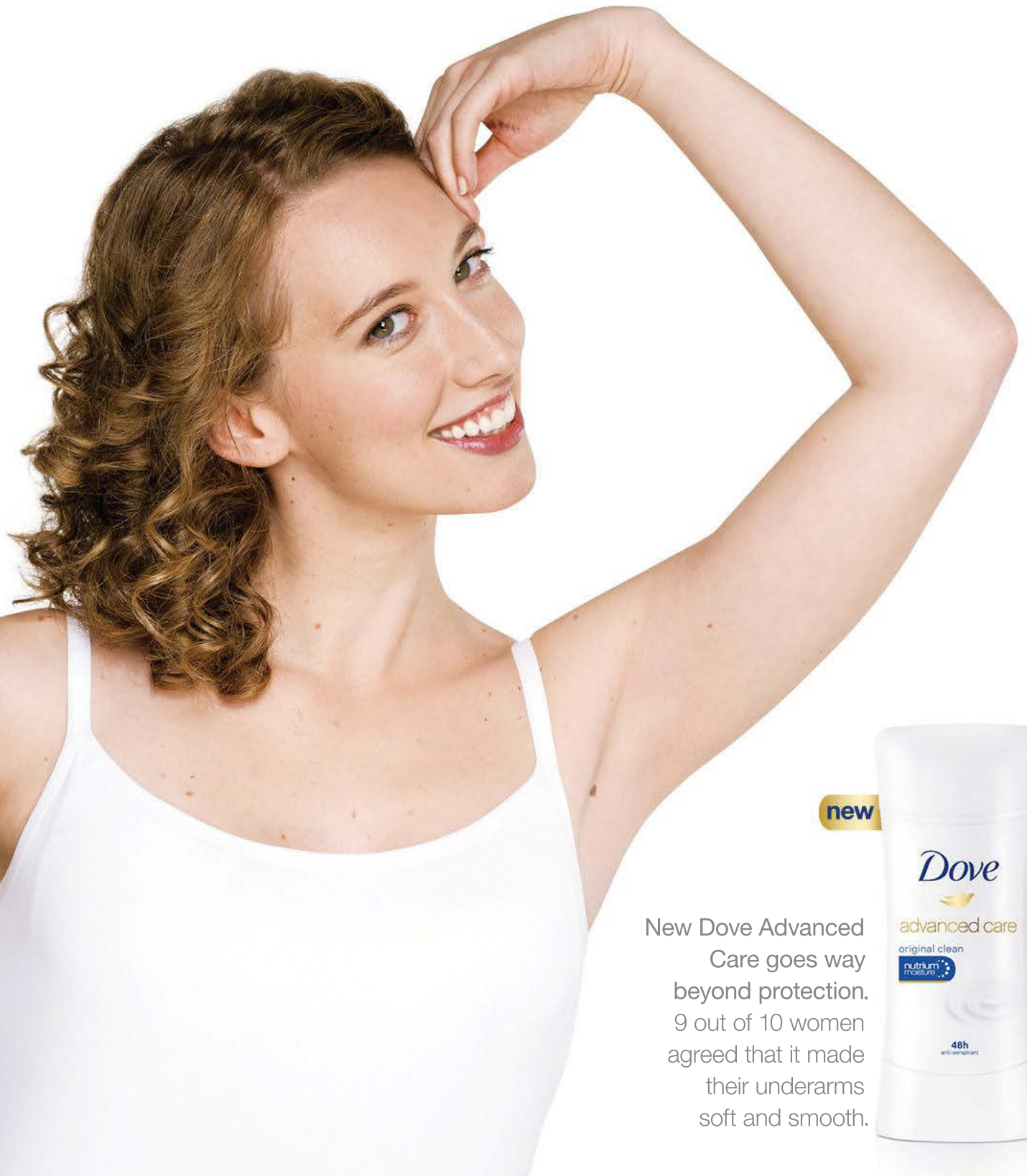
Does your antiperspirant
do more than just protect?



New Dove Advanced Care goes way beyond protection.
8 out of 10 women agreed that it made their underarms soft and smooth.

 “I didn’t know an antiperspirant could make my underarms softer and smoother.”

Simona Di Dio



new

New Dove Advanced Care goes way beyond protection. 9 out of 10 women agreed that it made their underarms soft and smooth.





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That cute baby would have us breaking it down too, Kelly.

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The cover look

Kelly Clarkson photographed by Ben Watts. Hair: Charles Dujic. Makeup: Ashley Donovan. Manicure: Lesley Ochoa. See shopping guide, page 164, to get her cover look.



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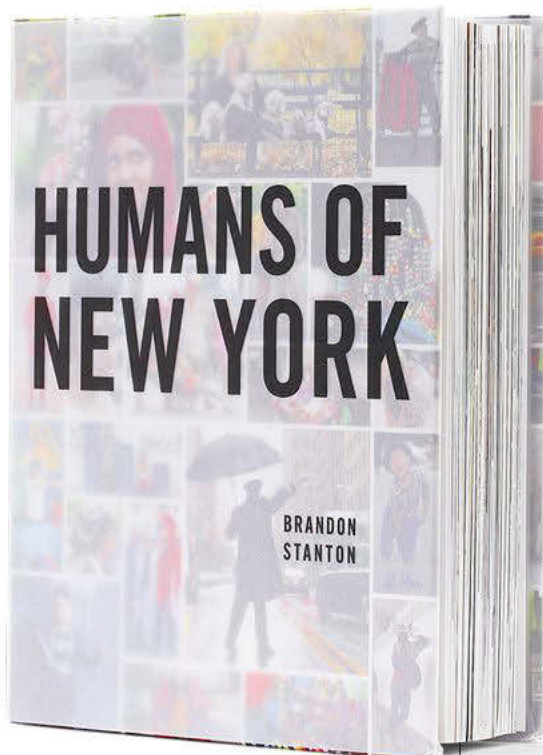
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MY FAVORITE: book

“This past winter I picked up *Humans of New York* and spent hours lost in the vivid portraits. I keep it on my nightstand and occasionally flip through it as a simple—and beautiful—reminder that no matter what challenges we’re facing, we’re all the same.”

—Allison Berry

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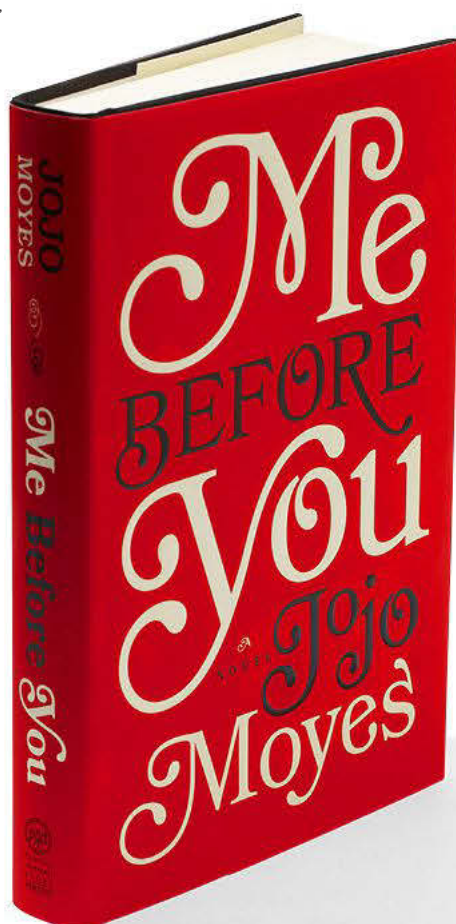
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MY FAVORITE: **book**

“ I recently stumbled upon *Me Before You*. The cover drew me in, but what stayed with me was the heart-wrenching story that captures true happiness and the extraordinary power of love. It's an emotional read, but well worth the tears! ”

—Conner Adams



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This one's for you— *all* of you

Not long ago, we gathered groups of new REDBOOK readers in Chicago and Dallas to hear what everyone thinks of the magazine. But what I was most interested in learning about was *you*. Some of it wasn't all that surprising—most of you are married or partnered up, most of you work, most of you have kids—but those aren't the things that define you. You're way more interesting and complicated than that. As one reader eloquently put it, "None of us fits into a neat little box anymore." You're juggling a million things, whether it's training for a half marathon, or planning an amazing trip, or going back to school. You're constantly striving to improve yourselves and help others. In short, you're kicking butt all over the place, even though your schedules overflow with things to do. I wasn't just impressed, I was inspired. So I'm even more committed to giving you a magazine that makes life easier... and, I hope, happier.

For starters, you all agree on the fact that mornings are a nightmare—a scramble to get dressed, fed, and out the door with your sanity intact. So you'll find a slew of quick-and-healthy breakfast ideas on page 151, and 24 zippy new ready-made outfits on page 82. Our special Beauty School is filled with expert shortcuts, including my personal favorite: ways to style your hair when you don't have time to wash it (page 58). And since any morning is better if you've slept well the night before (or so I hear), there's "How Far Should You Go for a Perfect Night's Sleep?" on page 107.

The other thing that's super-important to me is that you always recognize yourselves in our pages. As Kelly Clarkson says on page 118, "Everyone is different—different shapes, sizes, colors, beliefs, personalities—and you have to celebrate those differences." *Absolutely*. This magazine should be a reflection of you, as diverse and amazing as you are. When one reader told us, "REDBOOK is like talking to your best friend over a glass of wine," it was music to my ears. So what do *you* think? What do *you* want more of? Tell us: As incentive, you'll be entered for a chance to win \$5,000 (see details on page 115). Because, good grief, you deserve it—and a glass of wine, too!

Meredith

Meredith Rollins, Editor-in-Chief

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**Real
Women
Style
awards**

**I'M PUTTING
YOU ON OUR
COVER, TOO!**

It's about time some of you incredible women took your place in the spotlight. The finalists for our Real Women Style Awards (sponsored by Dove) are online now: Vote for your fave at redbookmag.com/bestdressed. Then, in September, find out who got your votes—you'll see them right there on your newsstand!

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REDBOOK

Our experts are here for *you*, so let's hear your questions! Tag **#AskREDBOOK** on social media, or email them to **redbook@hearst.com**, and we'll get to work.

Q I've had the same plain-Jane evening bag forever. Any ideas for an (affordable!) update? —*Mary Beth Lambert, Alexandria, VA*



Perfume bag, \$36; gojane.com.

“There are tons of clutches this spring that look like things—playing cards, lemon slices, or this cute, old-fashioned perfume bottle. In black, it's just as versatile as your old standby bag. And at under \$40, it's the right price!”

—*Cristina Pearlstein, market director*



Q I can't complain that my husband doesn't do any cleaning—he does stuff. But why does he need praise for each and every shelf he dusts?!

—*Isabella Paola, Phillipsburg, NJ*

“Have you ever seen a ball game go into extra innings and they run out of bench players, so guys have to play new positions? Like, suddenly, a first baseman is pitching in a major league game because there's no one left? The crowd goes wild because they know he's doing something out of his skill set, and that's exciting. If your guy isn't a car guy and he changes a tire without crushing his hand, he wants you to be that crowd. If he does the dishes every night and then starts dusting, too, he wants a cheer (and maybe your version of the wave). Yeah, it's kind of annoying, but it just might get him to refinish the basement,

too.” —*Aaron Traister, Whys Guy columnist*



Q I want to repaint my living room but can't decide on a fun neutral. Any fresh ideas for my beige walls? —*Halley McArn, Hamilton, NY*



Clockwise from top: Soft Sand; Gray Owl; Majestic Mauve; Skylight.



“I would go for Soft Sand or Gray Owl by Benjamin Moore in a light-filled room, as they'd add a nice, soft color without being too in-your-face. If you have a dark room, try out Majestic Mauve by Benjamin Moore or Skylight by Farrow & Ball—they bounce light around the room in a very happy way.”

—*Emily Henderson, Team Red columnist*

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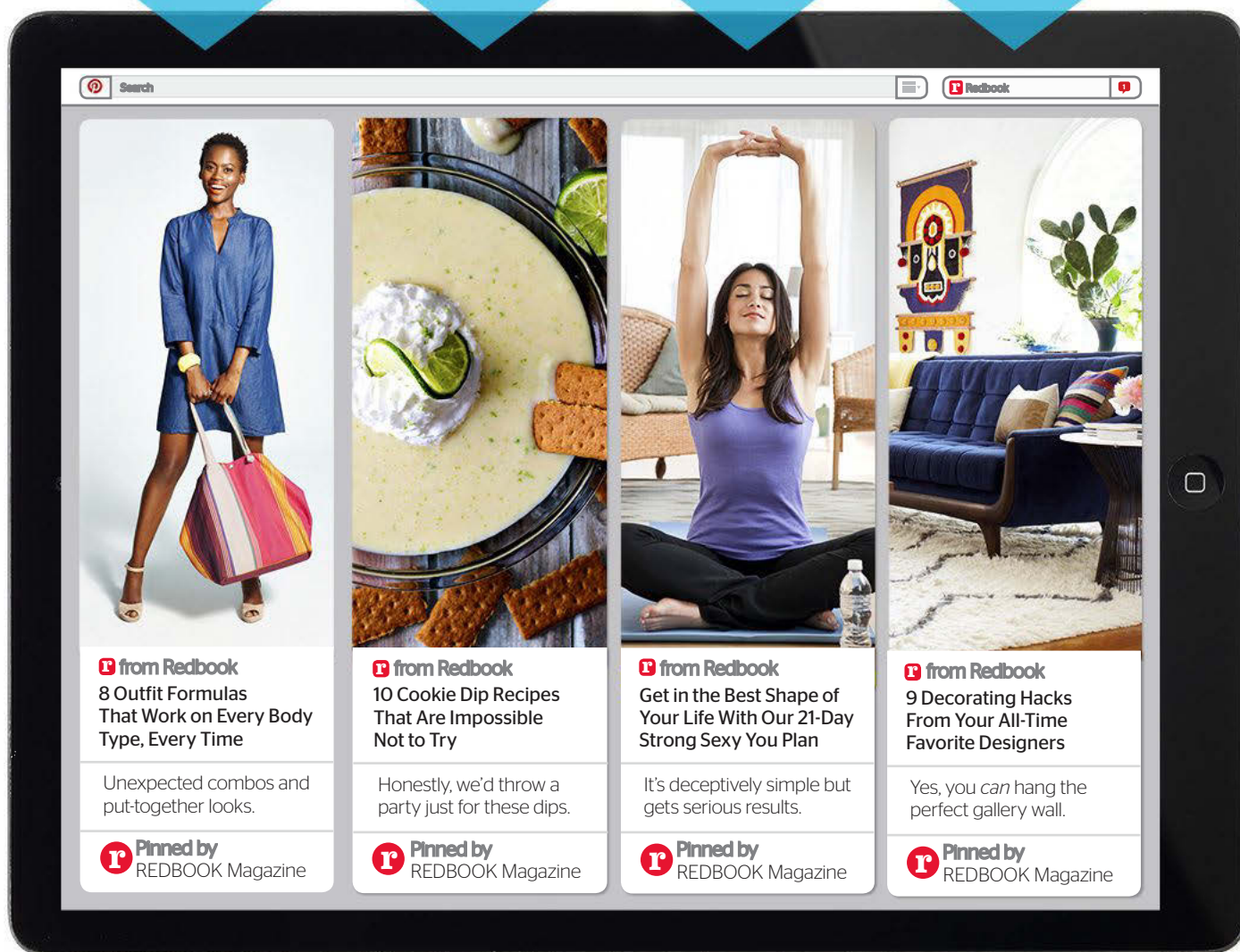
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Meet our Real Women Style Awards finalists!

Check out the 25 fashionable, relatable ladies who made it through the first round of judging in our one-of-a-kind contest (they'll give you outfit ideas for *weeks*), then vote for your favorite at redbookmag.com/bestdressed. In partnership with Dove, we're putting the six winners on the cover of **REDBOOK**. Yes, the cover! Which finalists will take the top prize—and what will they be wearing? All will be revealed in September...

PINTEREST IMAGES: FROM LEFT, MARK ANDREW; PARRISH RITCHIE; JAMIE GRILL/GETTY IMAGES; LAURE JOLLET/STYLE BY EMILY HENDERSON. IPAD: ISTOCK.

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Slim and *comfy* weekend looks

Wish you could wear pj's all Saturday long? Brad Goreski has solutions: These outfits let you move, boost your style, and make your body look *fabulous*.

Brad Goreski is a cohost of *Fashion Police* and has styled stars like Rashida Jones and Jenna Dewan Tatum. >



Come Saturday, we all yearn to throw on something easy that makes us feel good. That often translates to boring or baggy, which can add weight to your figure. What you want: low-key pieces that still show your shape, like Lindsay's tapered sweatpants and cropped jacket. And that's just one option—all the outfits here fit the bill.

“These pants are relaxed enough not to cling in the wrong places, like my yoga pants do.”

—OUR MODEL FOR THE DAY, LINDSAY TRAVIS, 32

Jacket, Robert Rodriguez, \$149; bonbon.com. Silk tank, \$88; levi.com. Rings, from left: Earthy Chic Boutique, \$75, earthychic.net (25% off with code REDBOOK25); House of Harlow 1960, \$38 each, glamboutique.com. Joggers, Massimo, \$19.99; target.com. Sizes XS to XXL. Sneakers, Wanted, \$59.99; bonton.com.

HAIR: MIA SANTIAGO AT SALLY HERSHBERG SALON. MAKEUP: RACHEL WOOD FOR ABTP.COM. MANICURE: SUNSHINE FOR ABTP.COM. BRAD'S HAIR: BIRGITTE FOR KLORANE. BRAD'S MAKEUP: FRANK GUYTON FOR CHRISTIAN DIOR. PROP STYLIST: ERIN SWIFT.



A SLOUCHY JUMPSUIT

The drawstring cinches your middle in the best way, and the head-to-toe dark color makes you appear long and lean.

Jumpsuit, \$89.50; loft.com. Necklace, Kenneth Jay Lane, \$180; 877-953-5264. Clutch, \$34.99; shopprimadonna.com (20% off with code REDBOOK20). Flats, \$39.95; justfab.com.

A TUNIC AND WHITE SKINNYS

This is a crisp and classic update to your usual leggings and a long tee—it hides a belly and makes legs look trimmer.

Tunic, \$39.99; chadwicks.com (20% off with code REDBOOKMAY20). Sizes 4 to 18. Jeans, \$89.50; bananarepublic.com. Earrings, Slate, \$15; rocksbox.com. Bag, \$45; gojane.com (20% off with code RB520R). Flats, \$60; dolcevita.com.



COMES IN plus



COMES IN plus

A STRIPED SHIRTDRESS

The fit-and-flare cut complements any figure, plus the shape is relaxed enough that you could ride a bike in this.

Dress, \$139; anntaylor.com. Sizes 00 to 18. Hat, Nine West, \$27; macys.com. Belt, \$24.50; ae.com. Bag, \$28.99; shopprimadonna.com (20% off with code REDBOOK20). Sandals, \$50; reportshoes.com.

“Roll sleeves or cuff pants to show your wrists, collarbone, and ankles. That’s a/ways flattering!” —BRAD

Discounts are valid from April 16, 2015, through May 25, 2015, and do not include taxes or shipping.



Magical makeup shortcuts

"If you use the right products, you really can do an entire makeup look in under two minutes," says Mally Roncal. The proof is in her lightning-quick plan.

◀ Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

Mary's life is as busy as it gets: She's a graphic designer, mom to a 3-year-old daughter and a 6-month-old son, and she recently launched an online home and jewelry store, Bazazas. So, like all of us, she doesn't have a whole lot of time for beauty. "I mainly work out of my house, and whenever I have a meeting, it's as if I've forgotten how to put on makeup," she told me. "Plus, I'm *always* in a rush." So I showed Mary a few products that anyone can slap on in a mad dash—and get a radiant, naturally polished finish.

“I'd almost given up on makeup, but this showed me that I *do* have time for it.”

—OUR MODEL-FOR-THE-DAY,
MARY VOORHEES MEEHAN, 34



Start WITH CONCEALER.

Dab a creamy formula on the center of your forehead and chin and along each side of your nose; use your fingers or a brush to blend. This trick brightens the center of your face, which helps your eyes and lips really stand out.



DUST ON A POWDER FOUNDATION.

Don't be intimidated—it's the quickest fix for smooth, even skin. You don't even need a mirror! Just swish a fluffy brush in the product, tap the handle to remove excess, then lightly sweep it all over your face.



DEFINE EYES WITH A SHADOW STICK.

It's foolproof, and a plummy brown with sheen looks nice on everyone. Scribble it on top lids to the crease, then skim it along your lower lash line; pat the color to work it in, and apply mascara.



ADD A HEALTHY FLUSH TO CHEEKS AND LIPS.

Use your fingers to swirl a bit of rosy cream blush on the apples of your cheeks, then rub it up along cheekbones. (For dark skin, add another layer.) Then take your blush and spread a little on your lips, too. Done!

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#sleepwiththis



garnierusa.com

Eat healthier every single day

It hinges on making smart choices, no matter what mood you're in, says Alison Sweeney. Peek into her kitchen and steal some of the secrets that keep her balanced.

Alison Sweeney is the host of *The Biggest Loser* and stars in Hallmark's *Chocolate Chip Cookie Murder*. >

When I first left home, I had no idea what to do in the kitchen. So I filled my freezer with frozen entrées and my pantry with cookies, chips—anything labeled “fat-free.” Of course, that didn't help with my weight. There were nights when I'd throw everything out, thinking, *This isn't working!* Then, with nothing to eat, I'd go get fast food—and the cycle would start all over again. It wasn't until I learned how to prepare a meal that my relationship with food finally changed. Now I enjoy it, find comfort in it—all the things I thought I could never do.



“It feels good to open the fridge and know I'm in control of what happens next,” Ali says.

HERE'S WHAT I GRAB WHEN...

I need fuel

When I have a long day ahead of me, I owe it to myself and everyone else to eat a good breakfast. In an ideal world, I'd always start the day with an egg-white-ish veggie omelet (I like one yolk) and a piece of whole-grain toast. More often, I have a bowl of instant oatmeal with blueberries.

I'm stressed

I've learned that giving in to anxiety and eating something I shouldn't only makes me feel worse. Weirdly, just prepping food works to calm me down. There's something therapeutic about slicing carrots and spreading a thin layer of almond butter on top—my dad's favorite snack.

I don't feel good about my body

Like anyone else, I have mornings when I feel sluggish—usually from indulging the night before. So I spend that day eliminating butter, oils, and other fats from anything I cook, while still eating three meals and a snack. I also sip peppermint tea, which fights bloat.

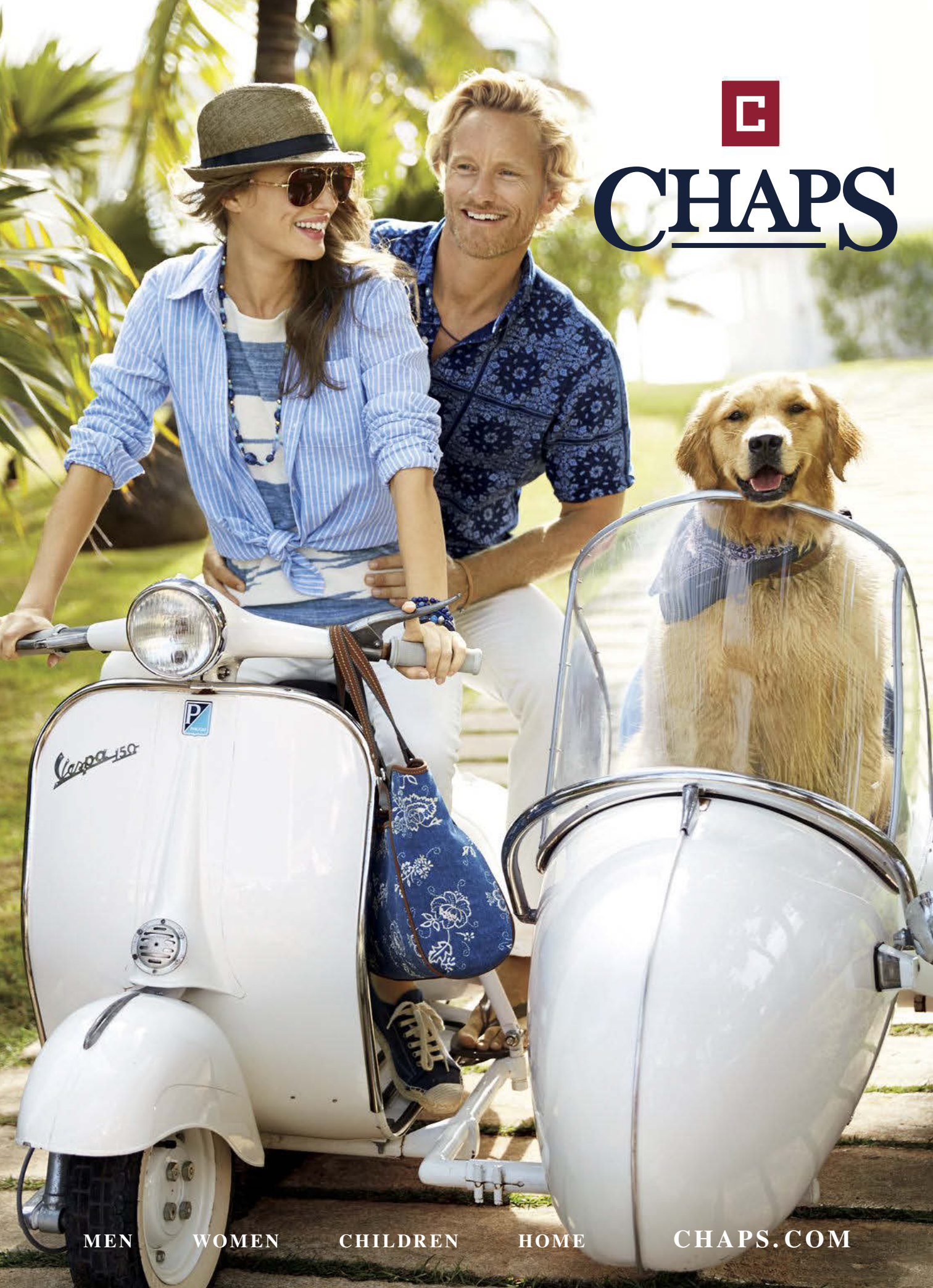
I'm bored

It's so easy to fall into the trap of mindless eating. So when I'm settling in to watch TV or a movie, I stick with healthy snacks that feel satisfying to eat, like sugar snap peas, bell peppers, or—my favorite—popcorn. Our old-fashioned popcorn maker is the best present my husband has ever given me!

TOM RAFALOVICH. HAIR: DAVEN MAYEDA FOR COLURE HAIRCARE AT CELESTINEAGENCY.COM. MAKEUP: CORINA DURAN-RABICHUK FOR EXCLUSIVE ARTISTS USING HOURGLASS COSMETICS. MANICURE: MARIEL PIZARRO. STYLIST: NICOLAS BRU AT THE ONLY AGENCY.



CHAPS



MEN

WOMEN

CHILDREN

HOME

CHAPS.COM

D.I.Y. a cute bed frame

If you're dying for a new bed but paralyzed by the thought of shelling out the cash for one (who isn't?), try this easy Ikea hack, courtesy of Emily Henderson.



◀ Emily Henderson is a stylist, decorator, HGTV *Design Star*, mom, and D.I.Y. guru.

It's the best way to wake up a tired bedroom: Add a beautiful bed. I particularly love this idea because you can go in so many directions with the fabric to make it fit your style. Mine is quite bold, but picture it with a serene gray velvet or a modern stripe. Plus, there's nothing like a lazy Sunday relaxing against a cushy upholstered headboard with a cup of coffee. A mom can dream, right?



For this bed, Emily used Mid Century Modern floral fabric, \$17.50 per yard; spoonflower.com.



1 BUY YOUR SUPPLIES. Start with the Ikea Tarva bed—it's only \$129 for a queen. To make the headboard especially cushy, I picked up 2½ yards of 2-inch foam and batting (about \$72 and \$17.50 at joann.com). Then I got 2½ yards of fabric and some white paint, and grabbed my trusty staple gun.



2 ASSEMBLE THE BASE. Put it together according to the instructions (just leave the headboard off for now) and give it two coats of paint. I used a crisp white to balance the loud fabric, but depending on what fabric you choose, consider trying a daring hue.



3 MAKE THE HEADBOARD. On the floor, layer the fabric, batting, and foam, then place the headboard on top. Fold the fabric over on one end; secure with staples. Go to the opposite end, pull the fabric tight, and staple. Repeat with the remaining sides. Attach the headboard to the frame and you're set.



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Avocados fix everything

They're loaded with potassium, vitamins, and fiber—so when you eat them, you feel *full*. Here are two ways Carla Hall puts them to work.

Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*. >



People are always looking for the “perfect” avocado, but let me tell you, they’re just as good a little underripe, too. I use those for grilling because they don’t turn into mush. And I just love how ripe ones pair with beets—sweet, earthy, and delicious.

Active: 10 minutes

Total: 20 minutes

- $\frac{1}{2}$ lb cooked shrimp, peeled and deveined (tails removed), chopped into $\frac{1}{2}$ -in. pieces
- 1 Tbsp red wine vinegar
- $\frac{1}{4}$ cup extra-virgin olive oil, plus more for the grill
- 1 small shallot, thinly sliced
- 1 Tbsp honey

- 1 tsp thinly sliced mint
- Kosher salt and black pepper, to taste
- 2 avocados, halved and pitted

1. In a large bowl, toss the shrimp, vinegar, $\frac{1}{4}$ cup oil, shallot, honey, and mint. Season with salt and pepper.
2. Heat a grill pan or grill to medium-high and

brush surface or grates with oil. Place each avocado half facedown on the grill and let steam in its shell for 4 to 5 minutes. Transfer to a plate and top with shrimp salad.

Makes 4 servings. Per serving: 332 cal, 26 g fat (3 g sat fat), 16 g protein, 14 g carb, 3 g fiber.

AVOCADO AND BEET SALAD

Active: 10 minutes

Total: 55 minutes

- 2 large beets, peeled
- 2 Tbsp extra-virgin olive oil
- Kosher salt and black pepper
- 2 Tbsp plain yogurt
- 1 Tbsp lemon juice
- 2 avocados, halved, pitted, and chopped into $\frac{1}{2}$ -in. pieces
- 1 cup baby arugula
- $\frac{1}{4}$ cup toasted pine nuts

1. Heat oven to 400°F. Place each beet on a piece of foil. Poke the beets with a fork, drizzle with 1 Tbsp oil, and sprinkle with salt. Wrap tightly in foil and roast for 45 minutes or until tender. Remove from oven and let cool before unwrapping. Cut into $\frac{1}{2}$ -in. pieces.
2. In a small bowl, whisk together the yogurt, lemon juice, remaining 1 Tbsp oil, $\frac{1}{2}$ tsp salt, and pepper to taste. Arrange beets and avocados on a plate; top with arugula. Drizzle salad with dressing, sprinkle with pine nuts, and season with salt and pepper.

Makes 4 servings. Per serving: 266 cal, 24 g fat (4 g sat fat), 5 g protein, 14 g carb, 4 g fiber.





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3 money rules you can break

Finance whiz Nicole Lapin gets real about standard-issue advice that might not be wise for you.

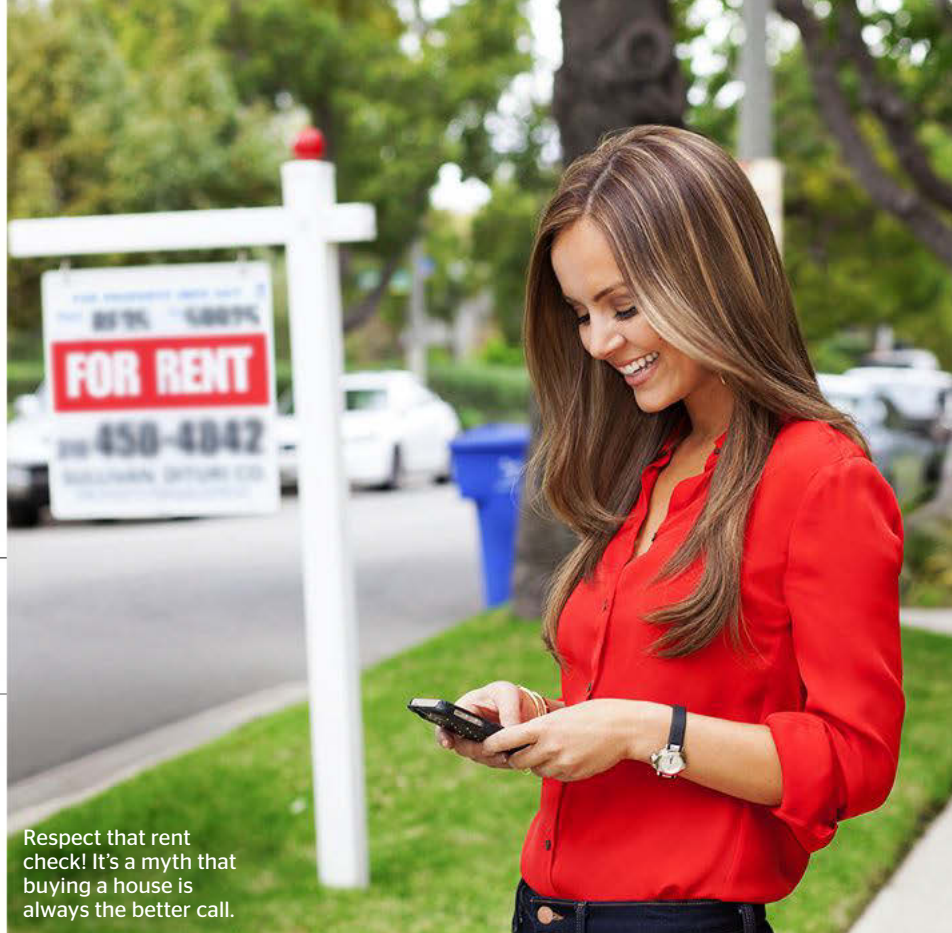


◀ Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.*

When I first started working at CNN, my then-boyfriend said I was stupid if I didn't invest in a 401(k). So I marched up to HR and they gave me a big fat packet of information. I didn't stop to research other retirement options and see what was best for my particular financial situation—I just signed up. Thankfully, the default 401(k) plan was fine for me at the time, but it easily might not have been. Finance is not a one-size-fits-all thing. So let's revisit a few big money “musts” that are worth a closer look.

“RULE” #1: Invest in a 401(k). Don't shake your head at me! It is *not* gospel that you invest in your company's 401(k). It might be a great idea, but it depends on your debt, your goals, and the plan being offered. So decide for yourself: Can your cash flow support a 401(k) right now? Saving for retirement is *so* important, but don't do it in lieu of creating an emergency fund or paying down debt. Otherwise, the interest you're paying can eat into any gains your investments make. Next, decide if the company 401(k) is a good fit. If your contributions won't be matched or there are high fees, you may want to open a traditional IRA instead; as with a company 401(k), you avoid taxes when you put money in, but it gives you more investment options, some with very low fees. Or you can choose a Roth IRA: You pay taxes on the money you put in now, but not when you take it out down the road—good news for Future You, because as you age, your income and tax bracket will likely rise. And you don't need to pick just one type of account—you can have all three! Any major brokerage, like Fidelity or Vanguard, can help you get started.

“RULE” #2: Buying is better than renting. Lots of financial experts love to say that renting is “throwing away money,” but I disagree. There are plenty of costs



Respect that rent check! It's a myth that buying a house is always the better call.

associated with living. We don't think buying food is a waste, even though once we eat it it's gone, right? Renting allows you more flexibility than buying; plus, if the boiler breaks, it's someone else's problem! So before you buy, ask yourself, *Will I live here for a while?* Five years is typically how long it takes for your initial investment to pay off. If you might have a reason to move soon, you should not buy. Next, be honest: Can you really afford it? You'll likely need 20 percent of the total cost of the property in cash in order to get a mortgage, plus there are closing costs (like lawyer fees and title insurance) that can add up to another 3 percent of the purchase price. Those are big numbers you might not have now—and that's okay. You can keep saving to buy a house, and in the meantime, remember that rent money isn't a waste; it's paying for your *home*.

“RULE” #3: Pay off student loans ASAP. There's a reason you've heard this: Most people pay two to three times the original principal by the time their loans are paid off. Criminal, I know. But when you get a raise (woo-hoo!) or inherit money, you shouldn't use that windfall to write one beefy hit-and-run check—especially if you have credit card debt, which often has a higher interest rate and so should always be paid off first. Plus, if you increase your payment but then lower it again, you'll look unstable to credit agencies, lowering your score. Ramp up payments only if you can sustain them for six to 12 months. Otherwise, inch up over time. It won't feel as gratifying, but in this case, slow and steady wins the race.



WHAT OUR EXPERIMENT ABOUT OPTIMISM MEANS FOR YOUR FUTURE.



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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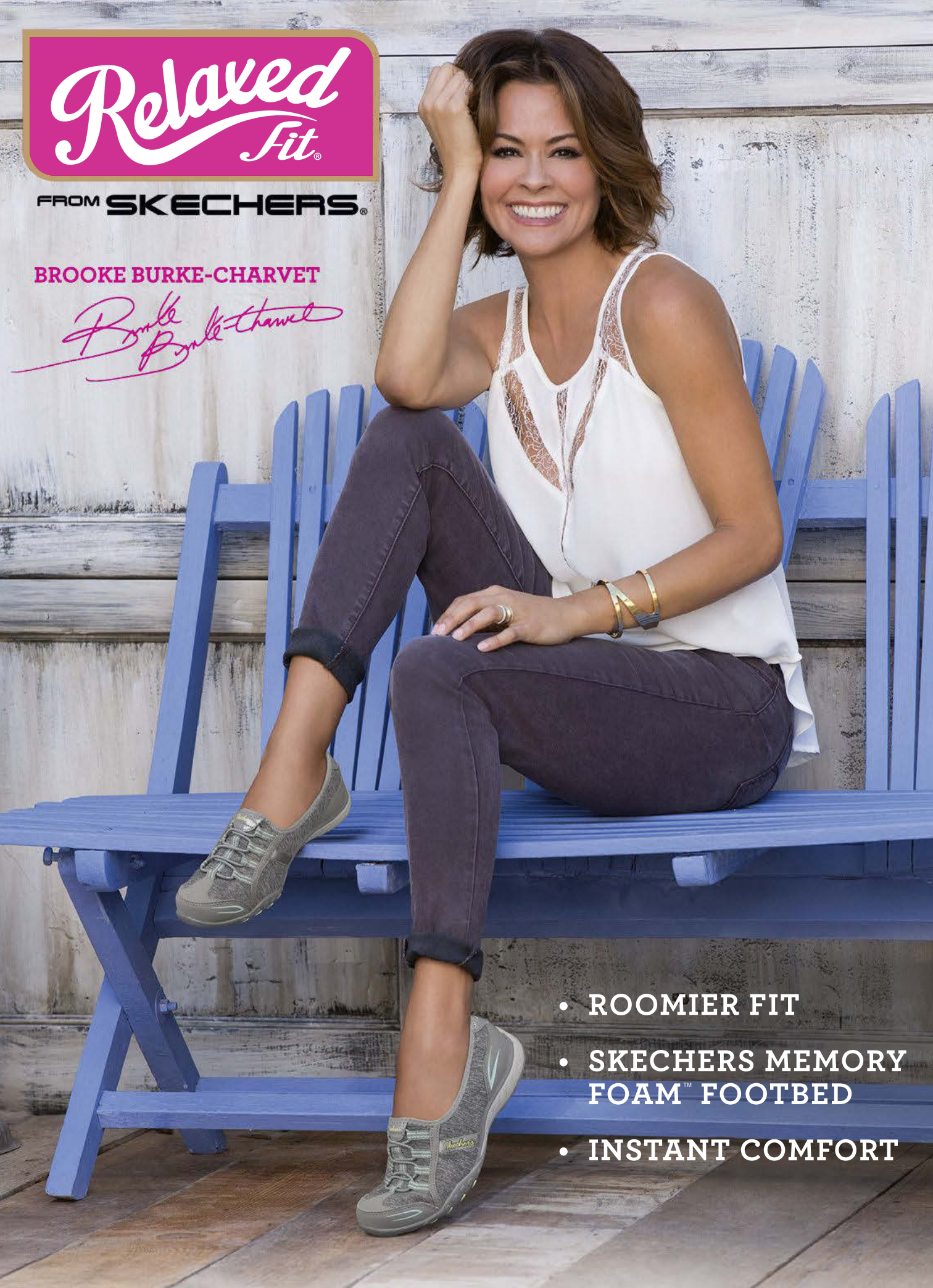
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FROM SKECHERS®

BROOKE BURKE-CHARVET

Brooke Burke-Charvet

- 
- A woman with brown hair, smiling, is sitting on a blue wooden bench. She is wearing a white sleeveless top with lace detailing, dark purple jeans with rolled-up hems, and grey Skechers Relaxed Fit sneakers. She has her right hand on her head and her left hand resting on her lap. The background is a rustic wooden wall.
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red

BEAUTY

PHOTOGRAPHED BY Johnny Miller

school

75 all-time best hair, skin & makeup tricks

Your perfect anti-agers

The ultimate
low-maintenance
hairstyles

Makeup that gets
you glowing

Plus, every other pretty
thing you need!

Your custom plan for younger skin

Want to brighten and smooth your complexion by tonight? There's an easy way to do it. Interested in long-term results? We've got the regimen for that too. Learn to work with the time you've got so you can, you know, *live* your life.

BY KAYLEIGH
DONAHUE HODES

LOOK INSIDE
to find three
easy routines.

NOW FIGHT AGING IN 3 DIMENSIONS
REPAIR WRINKLES, REFIRM CONTOURS,
REDENSIFY SKIN

BECAUSE YOU'RE WORTH IT.™



Why stop at wrinkles?
Andie MacDowell

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1 REPAIRS
WRINKLES



2 REFIRMS
CONTOURS



3 REDENSIFIES
SKIN

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#1
ANTI-AGING
WORLDWIDE

L'ORÉAL
PARIS

one day

Hydrate and calm skin.

If you want pretty much instant benefits, “drink three glasses of water when you wake up, and avoid sugary, salty, and high-carb foods, all of which can trigger puffiness and flushing,” says dermatologist Doris Day, M.D. And then...



1 To bring a rosy glow to your skin and make cheekbones look defined, firmly press the pads of your thumbs right under your cheekbones, then slowly draw thumbs out toward your temples. Repeat a few times.



2 Wash your face and slather on a rich cream that contains hyaluronic acid, which draws and locks water into your skin so it looks nice and plump. Try Neutrogena Hydro Boost Water Gel, \$17.99.

one week

Boost your radiance.

To energize skin cells, try these two moves: Drink a few drops of liquid chlorophyll (sold in health-food stores) every morning—celeb facialist Joanna Vargas swears by this—and get in at least 20 minutes of aerobic exercise daily. Next...



1 Dissolve dead skin and fade spots with a glycolic acid peel. Olay ProX Nightly Purifying Micro-Peel, \$39.99, is designed to be applied for seven consecutive nights.

2 For sensitive skin, skip the peel; instead, use a gentle exfoliating cleanser every night for a week. Try Origins GinZing Refreshing Scrub Cleanser, \$19.50.



one month

Commit to an anti-ager.

Skin cells turn over about every 28 days, so if you start a regimen now, you'll see improvement in a month. Day offers this D.I.Y. tip: “Whenever you feel yourself clenching your jaw, yawn to release it. Over time, this reduces lines.” For more help...



1 “Soften wrinkles and prevent new ones by patting on a retinol treatment every other night,” says Tanzi. Pros like RoC Retinol Correxion Deep Wrinkle Night Cream, \$22.99.



2 If spots and unevenness are your main concerns, add a brightener that contains vitamin C to your a.m. or p.m. regimen. Philosophy Turbo Booster C Powder, \$39, works with any moisturizer (just sprinkle it into your dollop).

3 Next, tap on a caffeine-laced eye gel that's been chillin' in the fridge. "It'll tighten the skin around your eyes," says dermatologist Francesca Fusco, M.D. Garnier Skin Renew Anti-Dark-Circle Eye Roller, \$12.99, is tinted to help hide circles, too.



4 A primer with silicone fills in lines and pores so skin looks smoother, "and even if you don't apply makeup on top of it, it'll help even out skin and nix shine," says Day. We like L'Oréal Paris Revitalift Miracle Blur Instant Skin Smoother, \$24.99.



5 If you have deeper-set wrinkles, dab on a temporary tightening serum either in place of or before primer. Dr. Brandt Needles No More, \$89, contains a blend of peptides and minerals that soften expression lines and firm skin for up to 24 hours.

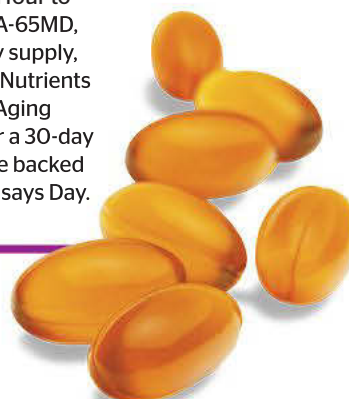
4 When your teeth are whiter, "it gives your entire complexion a lift and brings out your smile," says Tanzi. For maximum brightening, use Crest 3D Whitestrips 1 Hour Express, \$54.99, nightly for a week.



3 No matter which exfoliant you go with, "follow it with a thick cream that contains ceramides or hyaluronic acid to replenish moisture," says dermatologist Elizabeth Tanzi, M.D. Clinique Turnaround Overnight Revitalizing Moisturizer, \$39.50, is packed with hyaluronic acid.



4 A daily supplement that nourishes skin cells can lead to a healthier look in four to six weeks. Try TA-65MD, \$99 for a 30-day supply, or Glisodin Skin Nutrients Advanced Anti-Aging Formula, \$95 for a 30-day supply. "Both are backed by strong data," says Day.



3 To maximize the results of your age fighter, consider an at-home laser. "You have to use it every night for the full advised time, but it works," says Tanzi—and it's worth the investment. Tria Age-Defying Laser, \$495, is a pro favorite.



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L'ORÉAL
PARIS

Wash your face the right way

A good cleanser does more than just rinse away dirt and makeup; it can balance your skin and help whichever products you put on afterward work better. So reach for...

An oil

So good for touchy or aging skin, the oils in these formulas bind to grime so it whisks off the skin with water.

Garnier Clean+ Nourishing Cleansing Oil, \$5.97.



A micellar water

Swipe over your face with a cotton pad—no rinsing needed! These liquids are a mild cleanser and makeup remover in one.

Boots Botanics All Bright Micellar Cleansing Solution, \$7.49.



A balm

These thick, oil-based products dissolve even stubborn makeup while maintaining moisture in the skin.

Clinique Take the Day Off Cleansing Balm, \$28.50.



A gel

Oily skin types should reach for these. Look for one with salicylic acid to remove the excess sebum and dead skin cells that can clog pores.

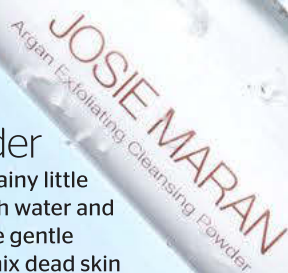
Philosophy Clear Days Ahead Oil-Free Salicylic Acid Treatment Cleanser, \$22.



A powder

Mix these grainy little wonders with water and they become gentle scrubs that nix dead skin and dirt—and give you instant radiance.

Josie Maran Argan Exfoliating Cleansing Powder, \$40.



A bar

The best ones (like the unscented version of the classic Dove bar) are dermatologists' favorites because they're fragrance-free and hypoallergenic.

Dove Sensitive Skin Beauty Bar, \$3.79 for 2 bars.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



TRUTH: YOUR SKIN CHANGES AS IT AGES. Aging isn't just about lines and wrinkles. It's also about the loss of volume in your skin.

TRUTH: SKIN VOLUME CAN DECREASE OVER TIME. Hyaluronic — which maintains moisture in skin — decreases as skin ages. This can, in turn, create a loss of skin volume. You see deeper wrinkles, cheeks appear less rounded and eyes more hollowed.

TRUTH: NOW YOU CAN HELP RESTORE VOLUME IN YOUR SKIN. Meet **Revitalift Volume Filler**, L'Oréal's latest skincare innovation. **Volume Filler** contains our highest dose of Hyaluronic. Used daily, it can help restore skin volume, for a more youthful look.

GET THE FACTS: TRUTHABOUTAGING.COM

SEEING CHANGES AS YOUR SKIN AGES?
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#1
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PARIS



Use *this* much for best results

The swiftest way to save money on your beauty products: Apply less! These actual-size dollops show you precisely how much (or little) you should be putting on.

BY GINA WAY

serum

Limit yourself to three to five drops for your face and your neck. Serums are highly concentrated, so a little goes a long way.

daily moisturizer

Squirt out the size of a nickel for your face and neck. If your lotion contains SPF, then go ahead and smooth on a quarter-size amount to ensure you're getting enough sun protection.

face wash

Use three pumps or a squeeze that's around the diameter of a half-dollar. If it sounds like a lot, just remember that water dilutes it.

retinol

A pea size'll do it for the whole face and neck, because even over-the-counter retinol is pretty potent, and blending on too much can irritate your skin.

face oil

Use two to three drops to cover your face and neck. Pat the oil between your fingertips, then lightly press it all over your skin.

night cream

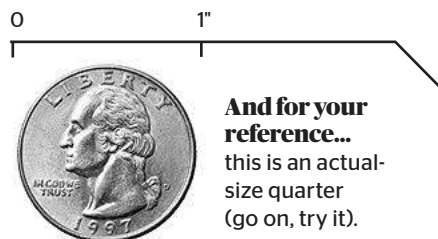
These products are usually rich (and often pricey), so you don't have to slather them on: A grape-size portion is plenty for your face and neck.

face sunscreen

Roughly a teaspoon is the place to start. But be sure it's broad-spectrum SPF 30 or higher, and reapply it every two hours religiously if you're going to be outside.

body sunscreen

A shot glass full of lotion from the neck down is the recommended amount according to the Skin Cancer Foundation. For a spray formula, mist it on your hand for five seconds, then rub over skin—that way, you know you won't miss a spot. And don't forget to reapply every two hours!



ANTI-AGING REPORT



YOUR SKIN CHANGES WITH AGE. SO SHOULD YOUR SKINCARE.

HOW AGE CHANGES YOUR SKIN

With age, skin loses its ability to retain natural moisture to keep skin hydrated, leaving it looking dull and dry. Oils become a great choice to help seal in hydration with a concentrated dose of moisture, boosting mature skin's resilience and radiance.

THE RIGHT SKINCARE

New Age Perfect Cell Renewal Oil was developed for mature skin with an effective active, LHA, to help stimulate skin surface cell renewal. Instantly the ultra-light, fast-absorbing oil makes skin feel hydrated, soft and supple. In just a month, skin's surface appears renewed. Firmer, more resilient, radiant skin is revealed.

HOW TO USE AN OIL

For an extra dose of renewing hydration, apply a few drops of Age Perfect Cell Renewal Oil to skin after cleansing and follow with Age Perfect Cell Renewal Day Cream.

DRAW THE LINE AT DULL, DRY, TIRED SKIN
NOW, RESTORE RESILIENCE, RADIANCE, VITALITY

BECAUSE YOU'RE WORTH IT.™

NEW

AGE PERFECT®
CELL RENEWAL CREAM



AS SKIN AGES, CELL RENEWAL DECREASES
DRAMATICALLY, SO SKIN LOOKS DRY AND DULL.

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EFFECTIVE ACTIVES HELP STIMULATE EXFOLIATION
FOR SKIN SURFACE CELL RENEWAL

■ **IMPRESSIVE RESULTS**

INSTANTLY: SKIN FEELS SMOOTH, SOFT, SUPPLE,
INTENSELY HYDRATED
IN 1 MONTH: REVEALS FIRMER, MORE RESILIENT,
RADIANT SKIN

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L'ORÉAL
PARIS

How to tell if a product is truly natural

There are tons of beauty wares labeled *natural*, *green*, and *organic*, but what does that really mean? Allow us to demystify the tiny print.

BY KAYLEIGH DONAHUE HODES

The scoop on *natural* vs. *naturally sourced*

When you see *Made with naturally sourced ingredients* on a label, it means either that some of the ingredients may be available in synthetic forms but only the naturally sourced kind were used, or that some ingredients came from natural substances but may have been processed with chemicals.

Shop smart

Certain retailers, like Whole Foods, place their own standards on the items carried in their stores, even going so far as to list ingredients *not* allowed on their shelves. Some trustworthy natural brands that are more widely available include J.R. Watkins, Burt's Bees, Badger, and Yes To.

Understand this first: The more chemicals you can avoid in life, the better, right? Only trouble is, the world of natural, organic, and green beauty products is one big gray area with limited regulations. Here's how to sort the jargon from the real deal.

What is a natural ingredient, anyway? There's no standard definition, but ideally, it comes directly from a plant, fruit, root—some type of botanical base. Where things get murky is how much it's then processed before it's put into a product, which can make it less pure.

And how about green? This term refers to a product's effect on the environment: Green ingredients are meant to be sustainable or processed in a way that lowers their carbon footprint.

Look for one of these seals on the bottle: USDA Organic, the only U.S. government-regulated natural seal, requires that a formula be at least 95 percent organic to be labeled *organic*, or at least 70 percent to claim *Made with organic ingredients*. Two other credible (though not U.S. government-regulated) seals are Natural Products Association Certified (which means the formula is 95 percent natural) and Ecocert, which is based out of Europe, where ingredient regulations are much more strict.

Make a note of the expiration date

Formulas that include a high percentage of natural ingredients are good for six months to a year, but always check the expiration date and storage instructions, because products made without conventional preservatives are more susceptible to bacteria growth.

Natural may not equal gentle

Some natural anti-agers, such as lactic acid, glycolic acid, and botanicals like essential oils (lemon, even peppermint), can anger sensitive skin. If yours is touchy, look for *hypoallergenic*, *fragrance-free*, and *non-comedogenic* on the bottle.

Our experts:

Macrene Alexiades-Armenakas, M.D., Ph.D., assistant clinical professor of dermatology at Yale University School of Medicine

David Bank, M.D., director at the Center for Dermatology, Cosmetic and Laser Surgery in Mount Kisco, NY

Leslie Baumann, M.D., founder of the Baumann Cosmetic & Research Institute and author of *Cosmeceuticals and Cosmetic Ingredients*

Paula Begoun, founder of Paula's Choice cosmetics and skin care

Joe Cincotta, cosmetic chemist

Patricia K. Farris, M.D., clinical associate professor of dermatology at Tulane University School of Medicine

NRKita Wilson, cosmetic chemist

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What's your ideal mascara?

For every lash-related desire, there's a type of mascara that'll deliver the goods. These four problem-solvers are the gold standard. BY MARISSA OLIVA



For subtle definition...

If you like a low-key, natural look, a flexible rubber brush with evenly spaced bristles is an ideal choice. It will dispense just the right amount of formula so lashes look clean and separated—but without any spidery-ness or clumps.



For lots of volume...

A curvy brush with multidirectional bristles will give lashes a major boost. And when the bristles are densely packed, they don't let much air in between the brush and your eyelashes, which makes them look extra-thick and plush.



For eye-opening curl...

This bushy S-shape wand is designed to lift and bend hairs. Intensify the effect by applying mascara along the tops of your lashes first (meaning the side that faces up), then sweeping it underneath like you normally would.



For a little more flair...

Blue mascara may sound a bit Cirque du Soleil, but stay with us: The color brightens up the whites of eyes, making you appear fresh and rested. To tone it down a notch, brush on one coat of blue, then skim a thin coat of black on top.



STUDIO D. MAKEUP: VIKTORIJA BOWERS AT CELESTINE AGENCY. MASCARA SMEAR:
DIOR WAND: JEFFREY WESTBROOK/STUDIO D. ALL OTHER STILLS: J. MUCKLE/STUDIO D.

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Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

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Flawless skin in 60 seconds

Mastering foundation is much easier than you think: Choose the appropriate one for your skin type, then follow these quickie steps. You won't look spackled, just stunning.

BY KAYLEIGH DONAHUE HODES

For oily skin: Powder foundation



1 Use a fluffy brush to apply (the sponge that comes with it is best on spots that need extra). Swirl it on, starting from the middle of your face.

2 Sweep it out to just shy of the edges of your face. To touch up midday, absorb oil with a blotting paper, then dust color only where you need to conceal.

We love...
**Urban Decay
Naked Skin Powder
Foundation, \$36.**



For skin with fine lines: Liquid foundation



1 For medium coverage, apply with your fingers; to make it sheer, use a damp sponge. Put a drop on your T-zone and cheeks and around your nose.

2 Massage it in, starting at your T-zone and feathering out. If the color settles into creases, buff the area with a clean brush to remove buildup.

We love...
**Revlon PhotoReady
Airbrush Effect
Makeup, \$13.99.**



For dry skin: Cream foundation



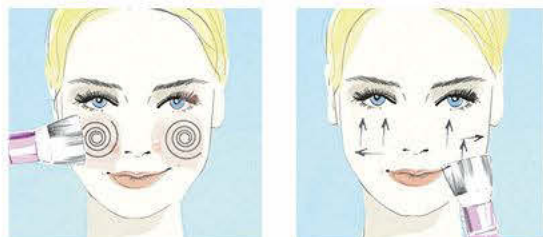
1 A wedge sponge, or the one that comes with the formula, is the perfect tool. (For a light finish, wet it.) Dot the color down your T-zone and on cheeks.

2 Blend out with a mix of swirls and strokes, unless your cheeks have peach fuzz; in that case, de-emphasize it by stroking downward.

We love...
**CoverGirl + Olay
Simply Ageless
Foundation, \$14.**



For sensitive skin: Mineral foundation



1 Use a brush with short, densely packed hairs to buff this into your skin—otherwise the powder can go on heavy and make your complexion chalky.

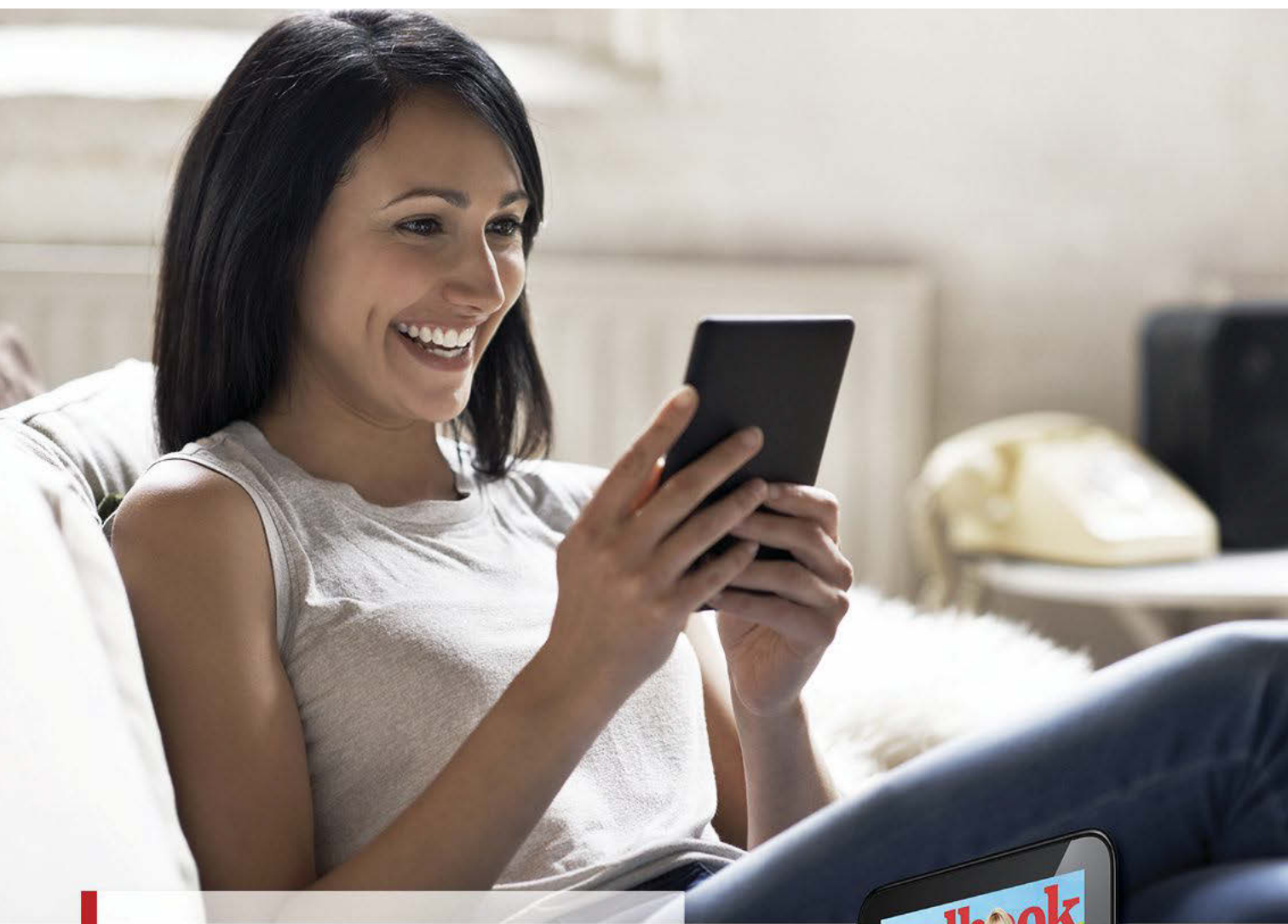
2 Starting at the center of your face, swish up and out for even coverage. If the end result looks too matte, mist on a light spray of water for a dewier finish.

We love...
**BareMinerals
Original
Foundation, \$28.**



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**WEEK
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The ideal ones hit that sweet spot between “natural” and “noticeable” and wake up (not wash out) your skin. Meet your match here.

If you have DARK SKIN...

A bronzy medium brown with a little sheen delivers just the right amount of color. L'Oréal Paris Colour Riche Lipcolour in Bronzine, \$8.95, is terrific.



Viola
Davis

If you have OLIVE SKIN...

Go for a warm toffee hue like Maybelline New York The Buffs by Color Sensational in Touchable Taupe, \$7.49—it'll create a healthy-looking effect.



Jessica
Alba

If you have MEDIUM-DARK SKIN...

Give your lips a pretty flush with a rosy, soft brown shade. Try Bobbi Brown Lip Color in Brown No. 4, \$26.



Rashida
Jones

If you have VERY FAIR SKIN...

To prevent a nude from erasing your lips, pick a ballet-slipper pink like Estée Lauder Pure Color Envy Sculpting Lipstick in Desirable, \$30.



Amy
Adams

If you have LIGHT SKIN...

Balance out warm undertones by choosing a creamy, peachy beige. We like Rimmel London Moisture Renew Lipstick in Summer Angel, \$7.



Jennifer
Aniston

The secret to expert at-home haircolor

It's knowing precisely which one to buy. Before you set foot in the store, brush up on these hair-dye truths.

BY KAYLEIGH DONAHUE HODES

Identify whether your skin is warm or cool. "This is probably the most important step to choosing the right haircolor shade," says colorist Louis Licari, owner of the Louis Licari Salon in New York City. To find out which one you are, put on a white T-shirt, pull your hair back, and in bright light, hold a piece of white paper against your freshly washed face. "If your skin appears peachy or olive, you're warm-toned; if it seems pinkish, you're cool-toned," he explains.

Look for opposite tones in your dye. "For skin that's cool, think golden or reddish hues—you might see the letter G or R next to the shade name," says Rita Hazan, who colors Jennifer Lopez's hair. Warm shades include golden or strawberry blonde; browns like hazelnut, chestnut, or mahogany; and ginger or coppery reds. If your skin is warm, go for ashy or neutral colors, which may have A or N next to the shade name. Try champagne or beige for blonde, chocolate or espresso browns, and auburn-y reds. "And if you have dark skin, you can pull off a color that's either slightly warm or slightly cool," says Hazan, who recommends honey or toffee light browns, rich browns, or chestnut reds.

Don't go more than two shades lighter or darker than your current color; for a more dramatic shift, you owe it to yourself to see a pro. To gauge how a shade will turn out on you, go by the swatches along the side of the box, not the model on the front. "There's usually a guide that describes what the result will be based on your starting shade," says Licari.

Know your formulas. Permanent dyes, which come as a cream or foam, are your ticket for covering gray. But if you only have a few lone grays—lucky you!—or you're just looking to make a subtle change, "consider a semipermanent dye, which lasts about three months and gradually washes out," says Hazan. But keep in mind: Semipermanent dyes can't lighten hair, so they're best for going a bit darker or warmer.

Stock up on your shade. If your hair is below chin-length or very thick, buy two boxes of color. "You'll probably need the extra formula, and even if you don't, you'll have it on hand for your next touch-up," says Kari Hill, a consulting hair colorist for L'Oréal Paris whose clients include Anna Faris.

If your color dulls easily

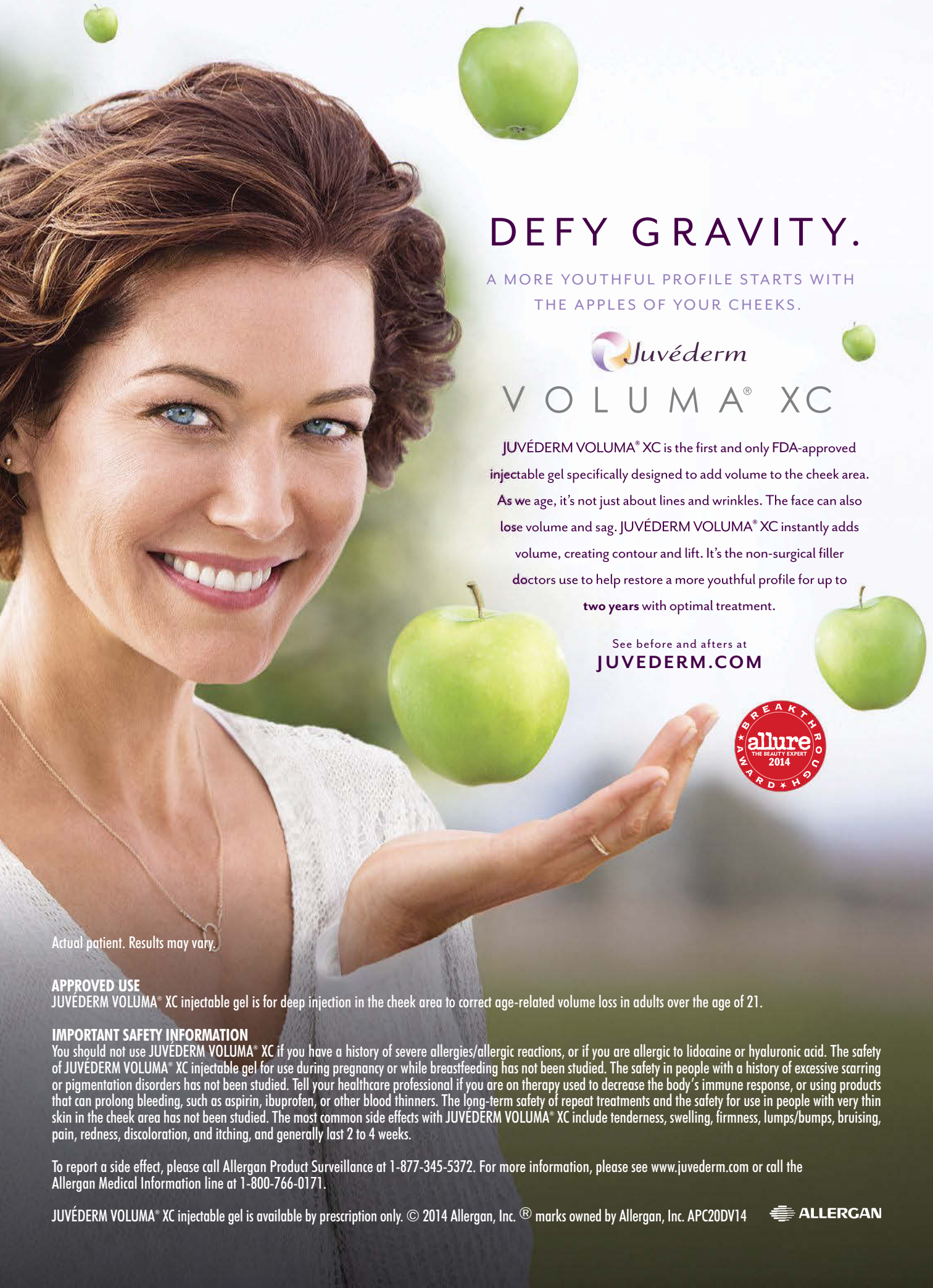
Try L'Oréal Paris Superior Preference, \$9.99, which has shine boosters plus UV filters to reduce fading.

If you're a first-timer

Clairol Nice'n Easy Permanent Hair Color, \$7.99, comes in more than 45 shades to help you find just what you're looking for.

If you have dry hair

Garnier Nutrisse Nourishing Color Creme, \$7.99, contains a blend of three ultra-hydrating oils: olive, shea, and avocado.



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Exactly how to clean your hair

Using the right shampoo, conditioner, and treatment can solve major hair complaints and slash your styling time. Find your texture here, then welcome a more effective regimen into your shower.

BY KAYLEIGH
DONAHUE HODES

TURN THE PAGE
to find the best
products for you.

HAIR: KEVIN WOON FOR WOON SALON AT JED ROOT INC. MAKEUP: JODIE BOLAND FOR CK ONE COLOR COSMETICS AT SEE MANAGEMENT. STYLIST: JASMINE CACCAMO.

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EXACTLY HOW TO CLEAN YOUR HAIR

shampoo & conditioner

weekly treatment

Fine

Even super-fine hair needs a *little* conditioning to stay healthy, so if you're skipping it because you think it'll flatten your 'do, switch to a volumizing system that contains hydrolyzed wheat proteins. These ultralight moisturizers help make strands stronger and more plump.

TRY Garnier Fructis Full & Plush Fortifying Shampoo and Conditioner, \$3.99 each.



The newest thickening treatments absorb into and expand hair from within rather than coating it with sticky polymers, so you get soft, natural fullness.

TRY L'Oréal Paris Advanced Haircare Volume Filler Fiber Amplifying Concentrate, \$6.99 for a three-week supply.



Wavy/Curly

Have you heard of cleansing conditioners? Because they're tailor-made for your hair type! These one-step, sulfate- and soap-free formulas use agents that latch onto dirt and excess oil to lift them away without removing your hair's natural oils—which is key to preventing frizz.

TRY Matrix Biolage Cleansing Conditioner for Curly Hair, \$13.



If you give your hair a regular surge of moisture, it'll become less likely to frizz in the long run. Look for a mask with amino acids and essential fatty acids to both quench and boost shine.

TRY John Frieda Frizz Ease Miraculous Recovery Deep Conditioner, \$9.99.



Textured

Your strands need a system with TLC: tender loving *conditioners*. That means enough hydration to nix dryness but not so much that your style gets matted down. So reach for formulas with panthenol, which draws moisture to hair, and silk extract for light smoothing.

TRY Wella Professionals Enrich Moisturizing Shampoo, \$13, and Conditioner, \$14.



Choose a deep conditioner that contains rich oils, which'll give your thick texture the shine and slip you crave without the buildup that can come from some heavier butters.

TRY Dove Quench Absolute Intensive Restoration Mask, \$5.99, uses the potent Brazilian buriti oil.



Relaxed

The chemical process that relaxes hair makes it extra-fragile, so it requires a double whammy of mega-hydrators like coconut oil and ingredients that help reduce breakage, such as ceramides. And pick a cleansing system that's designed to smooth hair—it'll usually have humidity blockers, too.

TRY Mizani Therasmooth Shampoo, \$14.16, and Conditioner, \$18.36.



A deep-conditioner with panthenol and aloe does two key things: It provides crazy-good nourishment, and it delivers the vitamins and nutrients your hair needs to prevent it from snapping.

TRY KMS California Moistrepare Therapy Treatment, \$16.99.



Color-treated

If you dye your hair but don't use a color-protecting product, you're literally flushing money down the drain. Look for a shampoo and conditioner with antioxidants to keep your shade vibrant, plus shine enhancers to add luminosity.

TRY Pantene Pro-V Color Preserve Fade Defy Shine Shampoo and Conditioner, \$5 each.



Color dyes, especially ones that lighten, make hair prone to damage, so opt for a mask packed with oils and proteins to restore strength.

TRY Nuance Salma Hayek Raw Honey Color Protect Hair Mask, \$9.99.



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What's my advice for healthy-looking, radiant skin? A positive attitude and Aveeno®.

AVEENO® POSITIVELY RADIANT® SPF 15 face moisturizer helps reduce the look of brown spots and uneven tone in just 4 weeks. Its clinically proven ACTIVE NATURALS® formula has soy, one of nature's most effective skin tone correctors. What a bright idea.

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“This look is so easy to do, and the volume holds for almost three days—*major* for my fine hair.”

—Adrienne, 44



pretty hair

that lasts for days

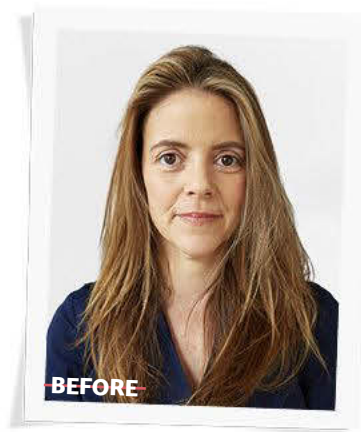
It's the number-one hair request we get from readers: Help me keep my style looking great on the days I don't wash it! So we pulled in Marcus Francis, celebrity stylist for Suave Professionals, and he taught five real women the secret to long-term gorgeousness.

BY VICTORIA KIRBY

Make waves on fine hair

Her issue: "If I don't do anything, it just goes limp," says Adrienne Kaye of her fine, straight hair. "So I wash it every other day, and if I curl it, too, the whole process takes over an hour."

Marcus says: "For fine hair, adding a bit of wave not only creates body, but heat sets hair in place, so you'll get a little extra mileage out of your style. A volumizing spray helps too: I misted one all over Adrienne's damp hair, then shook her hair with my fingers as I blow-dried, pulling up the roots for lift." (Marcus used Suave Luxe Style Infusion Volumizing Weightless Blow Dry Spray, \$4.99; we also love Phyto



PhytoVolume Actif Volumizing Spray, \$29.) "Once her hair was dry, I wrapped large sections around a one-inch curling iron. After the waves cooled, I brushed them and had Adrienne flip her head upside down, then sprayed dry shampoo all over the underside, which keeps hair from falling flat."

PHOTOGRAPHED BY Ari Michelson

“The dry shampoo gave me allover body, and moving my part helped me get an extra day out of my style.”

—Rebecca, 56

Switch up a short 'do

Her issue: “I live out in the country, so I usually just tousle my hair and go, but I still like it to look pretty,” says Rebecca Bratland. “And because my hair is fine, I have to shampoo every other day. It loses volume so fast.”

Marcus says: “The less you fuss over short hair, the longer it’ll last—just change the part on day two or three. To start, I spritzed a lightweight texturizer throughout Rebecca’s just-washed hair.” (Try R+Co Rockaway Salt Spray, \$25.) “Then I blow-dried it, using my hands to push it toward her face, to the left and then to the right, and to lift up the crown to add height. To finish, I misted it all with dry shampoo. Later on, if your hair falls flat, run a wide-tooth comb through to reactivate the product, then move your part to the opposite side and you’ll get back shape and fullness.”



“My curls had a really full, defined look that lasted until I shampooed again. I loved how fun and fresh it was!”

—Kahshanna, 41



Help curls stay bouncy

Her issue: “I only wash my hair once or twice a week, but my routine—I finger-twist my damp curls—takes almost two hours,” says Kahshanna Evans.

Marcus says: “First, mix a dollop of leave-in conditioner with a drop of gel.” (We like Matrix Total Results Curl Super Defrizzer Gel, \$16.) “Spread the concoction through damp hair to add hold and nix frizz. Next, blow-dry for a few minutes with a diffuser, then let the rest dry naturally or just go to sleep with damp hair—it won’t mess up your curls! Once hair is dry, use either a 1/2- or 3/4-inch curling iron on just the outer layer of your curls and also the face-framing ones. When they start to droop, shake your roots to make them springy again.”



“The flat-iron trick cut my styling time in half! Now my waves look great and frizz-free for four full days—I don't even need more product.”

—Corin, 30



Add shape to thick hair

Her issue: “My hair is somewhere between straight and wavy, and it's thick. I wash it twice a week at night rather than in the morning, because it takes *forever* for me to blow it out,” says Corin Minier.

Marcus says: “Rather than fighting to straighten her mixed-texture hair, I showed Corin how to balance it. After working a bit of styling cream through her damp hair and quickly blow-drying it, I used a flat iron on two-inch-wide sections of hair. I slid it from just the midsection down, rotating my wrist to create a slight wave; the heat also helps prevent frizz. On no-shampoo days, dab styling cream on the ends to smooth.” (Try Suave Luxe Style Infusion Smoothing Weather Proof Cream, \$4.99.)



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Activates with the heat of your blow dryer for salon volume that lasts 24 hours



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“I’ve been using dry shampoo on my bangs, and now I’m able to go two to three days between washings.”

—Annie, 32



Freshen up your bangs

Her issue: “I shampoo every morning,” admits Annie Hall. “I work out five days a week, so my bangs get greasy if I go more than a day.”

Marcus says: “The trick with bangs is to not put styling products in them; instead, use a blow-dryer on the lowest speed and your fingers to smooth them. Then, when bangs look oily, try this quick cleanup: Mix a little water with a pea-size drop of shampoo in your fingers and rub the mix through your bangs. If your hairline looks frizzy or dirty, work it in there, too. Wet your fingers and smooth them through bangs to rinse; repeat a few times. Then blow-dry them while finger-combing into place. For an even faster fix, mist your bangs with dry shampoo instead, and blast with the dryer for 30 seconds to shape.” Try Alterna Cleanse Extend Translucent Dry Shampoo, \$22.



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WORKS AS WELL AS SALON BRANDS



Cool manicures you can do

Nail polish should be fun... but it shouldn't necessitate two hours and a set of fancy brushes to get a glamorous, artsy effect. These new special formulas take just a swipe or two, a steady-ish hand, and a reason to shine.

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A brushed-metal finish

Essie nail polish in No Place Like Chrome, \$8.50



Sheer iridescent shimmer

Revlon Transforming Effects Top Coat in Pink Glaze, \$4.99



The gleam of a beetle shell

Formula X Shifters nailcolor in Grandiose, \$12.50



A pink pearl effect

Essie nail polish in Just Stitched, \$8.50

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Deborah Lippmann Nail Lacquer in Blue Orchid, \$18
+ Zoya MatteVelvet Top Coat, \$10



The texture of lace

Chanel Le Vernis Nail Colour in Ballerina, \$27
+ Sally Hansen Luxe Lace in Intimate, \$9.99



Vibrant, starry-eyed dazzle

CoverGirl Outlast Stay Brilliant Nail Gloss in Mint Mojito, \$5.49
+ Nails Inc nail polish in Alexa Stars, \$25



A subtle metallic effect

OPI Nail Lacquer in Silver Canvas
+ Chromatic Orange, \$9.50 each



A splash of glittery red

Rimmel London 60 Seconds Nail Polish in Sweet Lavender, \$2
+ Nails Inc nail polish in Alexa Lace, \$15



The twinkle of a night sky

Butter London Nail Lacquer in Marrow, \$15
+ Ciaté Mini Nail Polish in Fancy Pants, \$9



Chic little polka dots

Orly nail polish in Blue Collar, \$8.50
+ JINsoon Topping in Polka White, \$18



A cool-toned, satiny sheen

Marc Jacobs Beauty Hi-Shine Nail Lacquer in Shocking, \$18
+ Revlon Transforming Effects Top Coat in Matte Pearl Glaze, \$4.99

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1. Revlon File N' Peel 6-in-1 File, \$4.99 Each side of this file has three layers; as one layer dulls, simply peel it off to reveal a fresh new emery surface beneath.
2. Sally Hansen Cuticle Eraser + Balm, \$7.99 The nourishing formula contains an exfoliant to gently remove ragged cuticles as it moisturizes skin and nails.
3. CND Vinylux Weekly Polish in Desert Poppy, \$10.50 If you like the staying power of gel polish but worry it'll damage your nails, this blend of gel and regular lacquer—which doesn't require a UV lamp—comes right off with plain polish remover.
4. SkinFix Hand Repair Cream, \$17.99 With colloidal oatmeal and aloe to help relieve itching and eczema, this rich shea-butter salve makes hands really soft.



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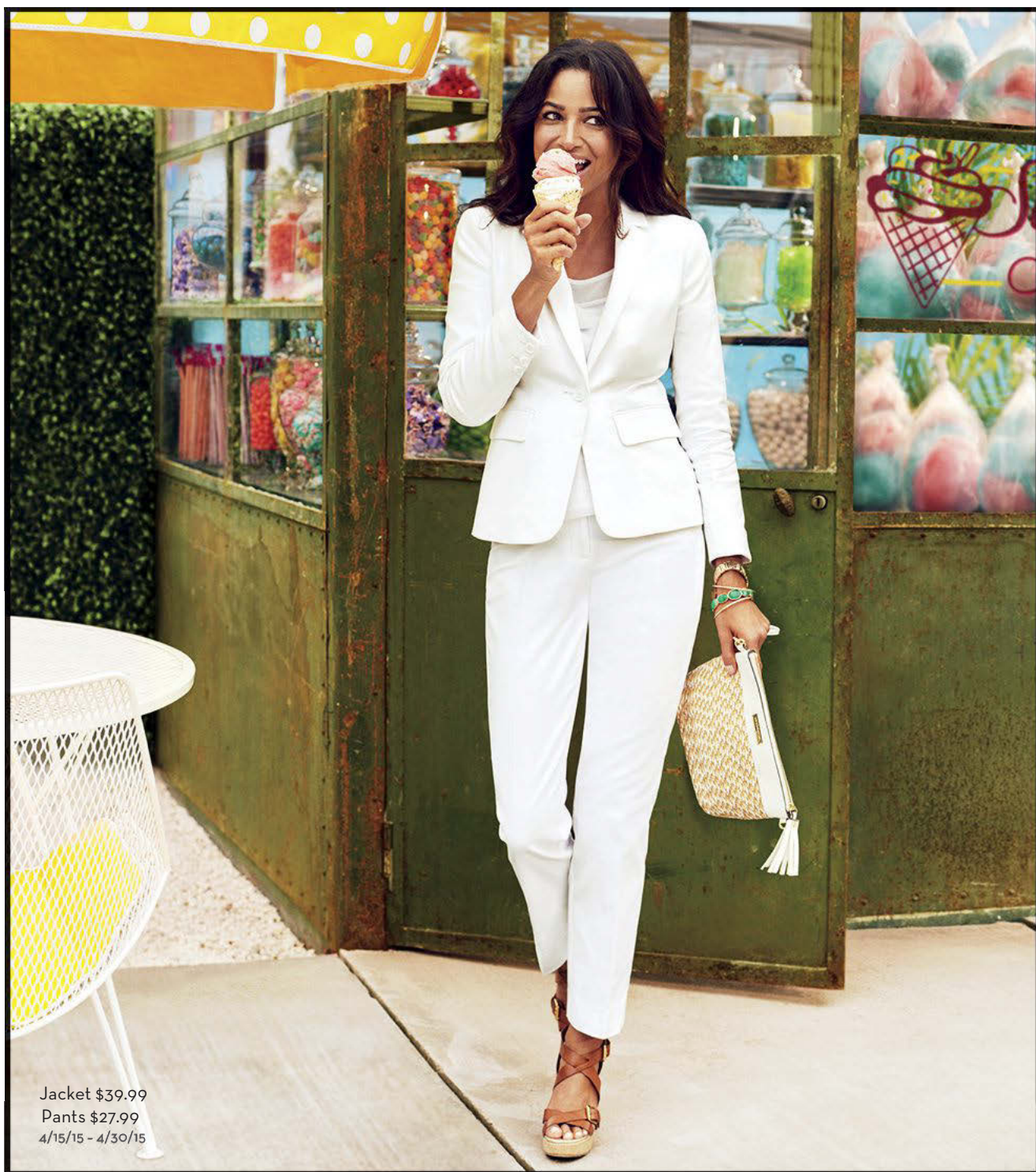
Tap in to your inner prepster

1 A bag in a happy shade of green to remind you of all the dollars you *didn't* spend on it. Bag, \$39; charmingcharlie.com. **2** How lobes celebrate spring: by looking shiny and chic at all times. Earrings, Joan Rivers for QVC, \$39 for set of 3; qvc.com. **3** Keeps your head cool, shades your face, and sharpens any outfit? That's a hat trick. Hat, Physician Endorsed, \$40; solescapes.com. **4** This will get you a *Guinness World Records* mention for number of times wearing one dress without getting tired of it. Dress, Merona, \$27.99; target.com. **5** 'Cause even a wee nautical detail makes you feel sharp. Bracelet, \$38; kjp.com. **6** Funny how you just imagined yourself in these shoes all weekend, isn't it? Espadrilles, \$18.50; makemechic.com (25% off with code REDBOOK25). **7** Get double your money's worth by wearing this sweet cardigan as a top, too. Cardigan, \$49; kersh.ca.



Do the sporty-but-elegant thing

8 Spoiler alert: This dress *is* as cozy and waist-cinching as it looks. Dress, \$29; shopsosie.com (20% off with code REDBOOK20). **9** A femme touch for your boyfriend jeans. Belt, \$39; lbean.com. Sizes XS to XL. **10** Add this varsity jacket to a pencil skirt for a perfect boyish-meets-girly date-night combo. Bomber, \$49.95; ae.com. **11** Upgrade your gym watch: This classic tank is rubber! Watch, \$16.99; shopprimadonna.com (20% off with code REDBOOK20). **12** A chic take on a lazy-day staple. Sweatshirt, \$17; 2020ave.com (20% off with code REDBOOK20). **13** Reflective orange lenses are quite rad. Sunglasses, \$20; knockaround.com. **14** This backpack goes from the weekend to the office in a snap. Backpack, \$39.95; fabletics.com. **15** Think of these slides as a blank canvas for a pretty pedicure. Sandals, \$37; qupid.com (20% off with code REDBOOK20).



Jacket \$39.99
Pants \$27.99
4/15/15 - 4/30/15

*Good things come to those
who can't resist a detour.*

Love,

LIZ CLAIBORNE

Exclusively at JCPenney



Indulge your denim obsession

16 A touch of denim—even on your wrist—raises the cool quotient of any outfit at least 10 points. Watch, \$37.50 (includes 25% discount using code REDBOOK25); rumbatime.com. **17** This tunic is so adorable, plus it's the perfect butt-covering length for leggings. Top, Magazine Clothing Co., \$34.99; modcloth.com. Sizes S to 4X. **18** Cuff these pants or leave 'em straight—either way, you'll stay as comfy as can be. Pants, \$42; gojane.com (20% off with code RB520R). **19** Just like your favorite black pumps, these go with everything. Pumps, \$32; makemechic.com. **20** The clean, boxy shape of these shorts is super-flattering. Shorts, Lou & Grey, \$49.50; loft.com. **21** Fancy blue dangles? Yes, please. Earrings, \$38; baublebar.com. **22** A new reason to wear a jean jacket every. Single. Day. Jacket, \$27.90; forever21.com.

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BEST
MORNINGS
ARE
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Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. **#QuakerUp**

Get compliments in a pleated skirt

Whether you wear it to work or to hit the park, this skirt goes anywhere—and makes you look aces.

Tuck in a fitted top and cinch on a belt to turn your shape into an hourglass.

Skirt, \$26; boohoo.com. Necklace, \$34; baublebar.com. Sweater, \$69.50; anntaylor.com. Belt, \$9.80; aeropostale.com. Bracelet, \$35; gottexjewelry.com. Sandals, \$110; isolashoes.com.



Play it in breezy style

A roomy top that hits right at your belly button adds comfort, not bulk.

Top, \$59.50; bananarepublic.com. Bracelet, \$6.70, and watch, \$33.60; gojane.com (20% off with code RED520R). Purse, \$36.99; shopprimadonna.com (20% off with code REDBOOK20). Sandals, Marc Fisher LTD, \$120; nordstrom.com.

A long, sleek vest makes you look taller and slimmer.

Top, \$79.50; bananarepublic.com. Vest, Styled by Joe Zee, \$58.50; qvc.com. Necklace, \$16.99; shopprimadonna.com (20% off with code REDBOOK20). Watch, Nine West, \$49; macys.com. Bag, \$248; fossil.com. Heels, \$69.95; solesociety.com.



...you have full hips

The block of navy at the midsection is visually slimming. \$59; landsend.com. Sizes 2 to 18.

...you're petite

The quiet color won't overwhelm a small frame. \$69.95; thelimited.com. Sizes petite XXS to L.

...you love a bargain!

A stretchy waistband gives you an almost-custom fit. Jaclyn Smith, \$26.99; kmart.com. Sizes XS to XXL.


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Uniquely formulated with Rejuvenating Hibiscus Apple Complex.

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Colorful ideas for every size

Designer Lela Rose dishes up tips to brighten your style—heck, your whole life—immediately.

Whether designing her eponymous collection or mixing cocktails for an evening with friends, Lela Rose wants her creations to make you smile. She's a master at flattering clothes with pretty details and bold colors—all of which are part of her capsule collection for Lane Bryant, which just launched. "Designers assume that plus-size women are afraid of color, but that's not the case," says Rose. "Clothes that make you happy help you present your best self, and every woman wants that." So of course we were desperate to learn how else she doses her life with joy.



"Citrine puts you in a better mood. I love to wear it and decorate with it," Lela says.



COMES IN
plus

▲ "A dress that's fitted up top with some flare on the bottom lets me enjoy my day—it's comfy and I don't have to keep tugging it down."

Dresses (from left), \$148 and \$118; lanebryant.com /lelarose. Sizes 14/16 to 18/20.



▲ "I'm really into pastel dishware. It pops and is so pretty against a deep background."

Watercolor dessert plate, \$9.90, and mug, \$14.90; zarahome.com. Mahogany cotton hemstitch 60 x 120-inch tablecloth, \$56; amazon.com.



◀ "My best happy-hostess tip: Have a cocktail *before* guests arrive."

Her Pimm's Cup recipe: Pour 2 oz Pimm's No. 1 into a tall glass; add cucumber and lemon slices. Top with 4 oz ginger ale.



COMES IN
plus

COMES IN
plus

◀ "Mixing florals and stripes is a great way to play with color and pattern."

T-shirt, \$25.50; landsend.com. Sizes XS to 3X. Skirt, \$138; bodenusa.com. Sizes 2 to 18.



COMES IN
plus

◀ "Having a formula is the easiest way to get out the door. For spring, mine is a dress with a chunky necklace and an anorak."

Anorak, Lela Rose for Lane Bryant, \$158; lanebryant.com /lelarose. Sizes 14/16 to 18/20. Necklace, \$16.99; shop primadonna.com (20% off with code REDBOOK20).

🍒 I think there's almost nothing worse than head-to-toe black. The darkest I go is navy. 🍒

A woman with long brown hair is lying face down on a red leather sofa in a grassy park. In the background, a man in a light blue shirt and jeans is walking towards the camera, and two children, a girl in a plaid shirt and a boy in a yellow shirt, are playing with a baseball. The scene is set in a lush green park with many trees.

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Your spring

A REDBOOK poll of more than 1,000 readers found that most of you already own these 13 staples. Need one? We like...

1 A button-down shirt, \$60; everlane.com. **2** Black pants, \$118; lisetteel.com. **3** Black heels, \$195; vcsignature.com. **4** A leather belt, \$34.95; llbean.com. Sizes XS to 3X. **5** A cardigan, Liz Claiborne, \$45; qvc.com. Sizes XXS to 3X. **6** A printed dress, \$158; donna-morgan.com. **7** A colorful skirt, Eva Mendes, \$54.95; newyorkandcompany.com. Sizes 0 to 18. **8** Flat sandals, \$120; dolcevita.com. **9** A cotton tank, \$38; splendid.com. **10** A striped tee, \$40; eddiebauer.com. Sizes XS to XL. **11** A blazer, Lauren Ralph Lauren, \$275; bloomingdales.com. **12** A printed blouse, Daniel Rainn, \$68; stitchfix.com. **13** A patterned scarf, \$56; shopsubtleluxury.com.



easy-outfit planner

Get ready to fall in love with your wardrobe: Pair basics you already own with some new and wildly affordable pieces and you'll never moan "I have *nothing* to wear" again.

**win
THESE!**

5 readers will score the 8 "new" pieces. See page 165 for details.



A few bold patterns and cool neutrals will refresh your style—for less than **\$245 total**.

1 A military jacket, \$44.95; justfab.com. **2** Silky printed pants, Milly for DesignNation, \$54; kohls.com. **3** Chunky-heeled sandals, My Delicious, \$21; lulus.com (20% off with code REDBOOK20). **4** Cropped white jeans, Jordache, \$16.44; walmart.com. Sizes 4 to 26. **5** A loose-knit gray sweater, \$39.90; uniglo.com. **6** A boho maxi dress, \$39.94; oldnavy.com. Sizes XS to XXL. **7** A navy grosgrain ribbon, used as a belt, \$3.99 for 3 yards; michaels.com. **8** Fun slip-on sneakers, \$19.99; shopprimadonna.com (20% off with code REDBOOK20).



A tough little cuff gives your outfit a subtle edge.

Not just a new way to wear a scarf; it also makes you look long and lean.

HAIR: MIA SANTIAGO FROM SHARON DORRAN AT SALLY HERSBERGER MAKEUP: JAMIE DORMAN AND RACHEL WOOD AT ARTISTS BY TIMOTHY PRANO. STILLS: ANNA TOUPITSINA.

A recipe for instant style success: Layer two



cute pieces with totally different vibes.



One unexpected accessory can mean the



difference between “fine” and “amazing!”



Using a gauzy scarf as a waist wrap is the sneaky way to hide a tummy.

17

18

19

20

Defining your waist (see above for major

Layering a striped tee over a floral dress is fun but still classic.



inspo!) turns any shape sleek and curvy.

Sweet, simple, flattering formulas

If prints make you feel a little... insecure, take a page from Kéla Walker, a local-TV producer and blogger from New York City. Her surprisingly easy looks will get *you* cute in a flash too.



Stick to loose fits

"I love a loose fit top. Even in white, it feels unexpected and won't cling to my midriff."

Add a bright pop

"The dash of neon pink in this bag gives my look energy."

Go classic on your feet

"A simple two-strap black heel is elegant, versatile, and in this case, doesn't compete with the awesome print of my pants."



Cheat a print

"Pair the same graphic pattern in different color. It's a safe match that looks like a cool mashup."

Find some gleam

"Gold details make these flip-flops just as fancy as any heel."



Save a go-to lipstick

"There is nothing more confident than a bold red lip. My favorite is Stila Stay All Day Liquid Lipstick in Fiery."

Play with proportions

"A boxy-cropped top with an A-line skirt gives you that fit-and-flare shape that complements everybody."

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4 new ways to love your look

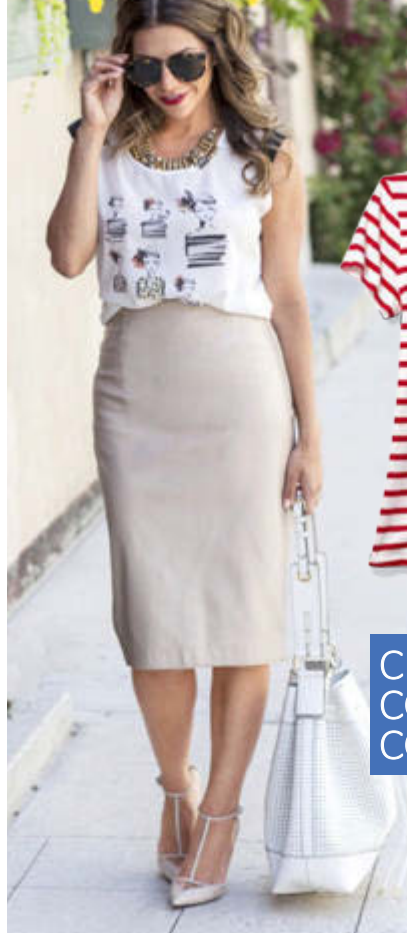
Kick off your cutest summer ever with a couple of easy updates, a charitable addition to your jewelry box, and some smart advice from an icon.



INVESTMENT PIECES FOR REAL BUDGETS

A lot has changed in the 30 years since Jaclyn Smith debuted her Kmart line: "I was pregnant with my second child then, and this year she's getting married!" says Smith. What hasn't changed is her devotion to two favorite pieces. "We've done the utility button-up—it has long sleeves you can roll up and fasten with a tab—every year since 1985. I still have the one that inspired it." A classic jacket with fun details is another staple. "Lately I've been wearing one my mom wore as part of a suit. I do it with jeans and a white tee. Use timeless pieces in new ways and they'll *always* feel modern."

Jacket, \$31.49; kmart.com. Sizes S to XXL.



CREATE A COMFY-SEXY COMBO

Dear jeans: It's time our T-shirts started dating other pieces. Some of our favorite

bloggers and designers have mixed office-appropriate pencil skirts with printed tees, and it turns out to be a perfect, sleek but laid-back pairing—just check out Olivia Jeanette from the Corporate Catwalk here. Looking for that special tee? We like the wildly cute options from Milly for DesignNation at Kohl's. Tee, \$40; kohls.com.

Wear this to help women

This leather cord bracelet—a grown-up version of the one you wore every summer as a kid—will add a carefree vibe to your wrist, and it will also help *other* women feel freer: 50 percent of the bracelet's proceeds will go to the J. Jill Compassion Fund, which supports community-based organizations that aid disadvantaged and homeless women. Bracelet, \$39; jjill.com.



[SHOE NEWS]

FIND YOUR FRINGE

There's a reason touches of fringe never go out of style: Like a dark movie theater during a heat wave, they're unbeatably cool. Whether you like a heel or a flat or something in between, there are a bevy of new tasseled sandals to suit you—and lend your outfit some '60s-era Joni Mitchell-style glamour.

Shoes, from left: \$130; stevemadden.com. Very Volatile, \$82.95; nordstrom.com. Mudd, \$135; kohls.com.



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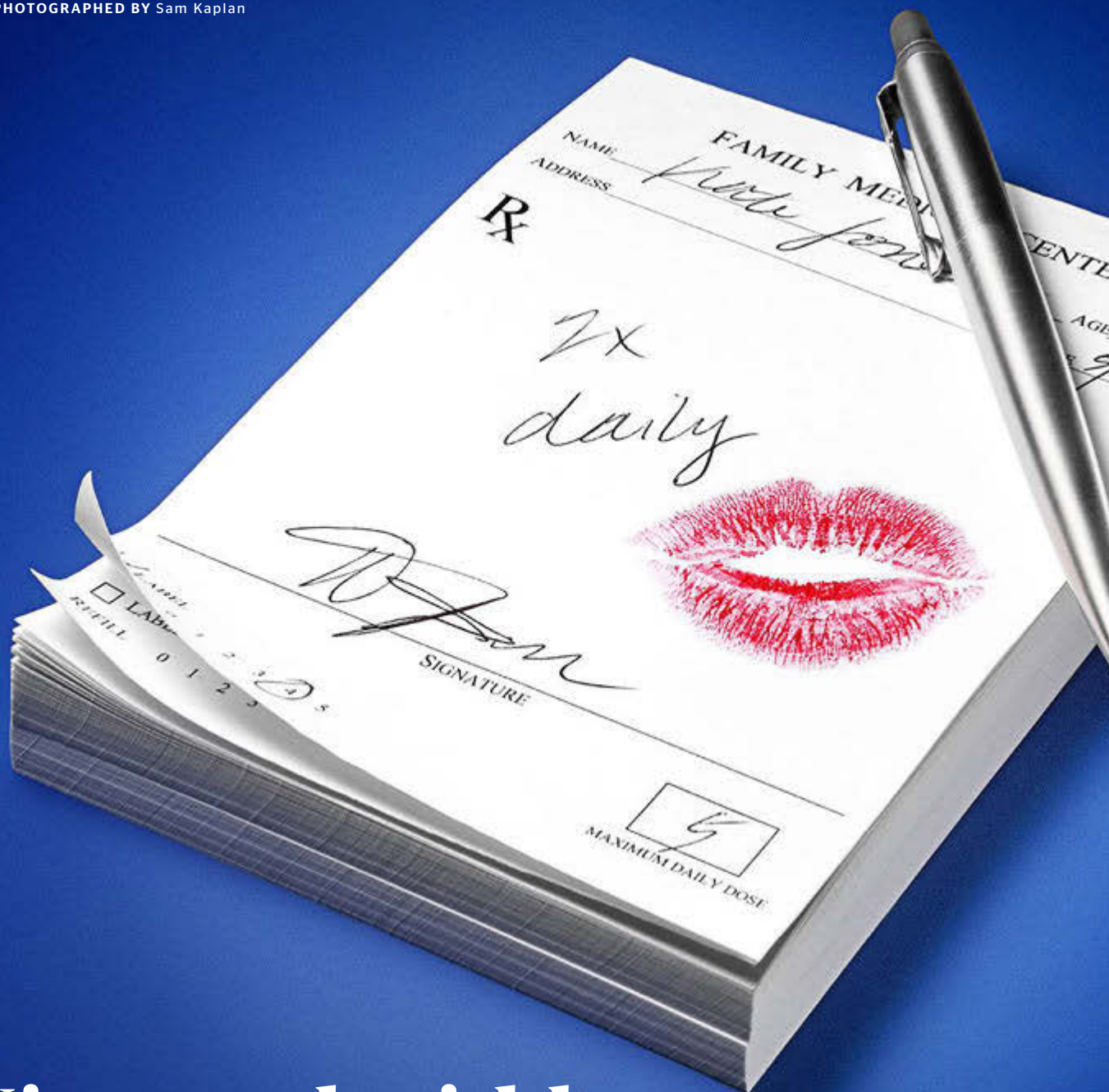
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*5g Fat per serving

red

BODY

PHOTOGRAPHED BY Sam Kaplan



Kiss more, be sick less

Smooching for just 10 seconds transfers 80 million bacteria, according to a Dutch study. But that isn't gross—it's good for you. "Not all bacteria are pathogens," explains Alison Morris, M.D., associate professor of medicine and immunology at the University of Pittsburgh. "Most are beneficial: They protect against cavities and help shape the immune system." Plus, rumor has it that making out is really great for your relationship.

What doctors tell their friends about *pain*

You're tough, we know, but you shouldn't have to be. The advice these top doctors give their nearest and dearest can help you conquer little aches and bigger worries.

BY LISA MULCAHY

“As a headache doctor, I’m always asked by friends with migraines for tips. A little-known remedy I tell them about: Epsom salts. Simply drawing a warm bath when you feel a headache coming on, pouring in the salts, and sitting in the tub for 10 to 20 minutes can make a big difference. It’s believed that Epsom salts are absorbed through the skin, raising the body’s levels of magnesium, an anti-inflammatory that may calm hyperexcitability in the brain. Hyperexcitability is a genetic predisposition that makes your brain more sensitive to fluctuations in things like the weather, your diet, stress, and hormones—which can bring on headaches. Magnesium supplements might be as effective as Epsom salts for some people, so talk to your doctor about whether they could be right for you. But *definitely* try the tub. My friends all tell me it brings them relief, and love to show me they’ve stocked up on salts when I come to visit.” —*Sheena K. Aurora, M.D., clinical associate professor of neurology and neurological sciences at Stanford University Medical School in California*

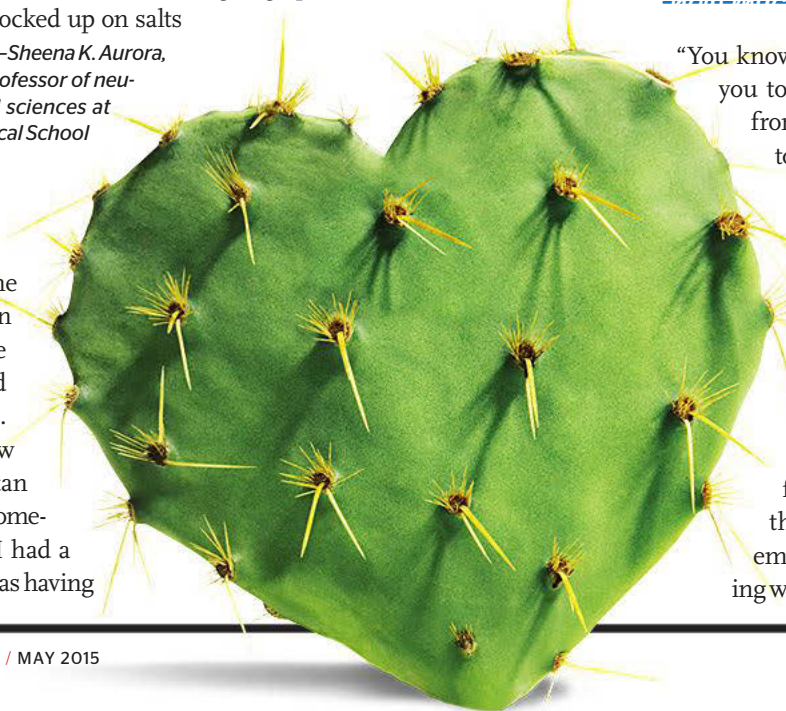
“Abdominal pain is one of the most common complaints we get in the emergency room, and often it’s related to gas. People don’t realize how painful gas can be! It can also be a symptom of something more serious. I had a family member who was having

gas and bloating pains every single day. We cut things like caffeine, lactose, and gluten from her diet and slowly added them back in. Turns out, she has gluten intolerance. These pains could have bothered her for years if she didn’t think to get them checked out. You don’t need to go running to the ER every time you have gas, but if your symptoms persist, it’s worth talking to a doctor. Don’t be embarrassed—trust me, we’ve seen it all.” —*Eric Gross, M.D., quality director for the department of emergency medicine at the University of California, Davis, in Sacramento*

“I work out with a friend who’s in her late 30s. One day after our class, she said, ‘My knee hurts. I must have pushed too hard. It’s been swelling, too.’ I did a quick exam and asked her if it also hurt when she was at rest and particularly when she was going up stairs. She said, ‘As a matter of

fact, yes.’ When I told her I thought she had arthritis, she was quite surprised—most women in their 30s and 40s think they’re just too young. But the truth is, even a 20-something can have arthritis if she has sufficient risk factors. Family history plays a key role: If your parents have arthritis, there’s a decent chance you’ll get it as well, at any point in your life. So see your doctor, and work with her to figure out the best way to protect your joints through exercise. You can’t strengthen the ligaments that hold your joints in place, but you *can* build up the muscles around them, which will prevent dislocation and ease pain. My friend listened and went to work with her doctor, and now she’s feeling great!” —*Natalie Azar, M.D., NBC News medical contributor and clinical assistant professor of rheumatology at NYU Langone Medical Center in New York City*

“You know how your doctor will ask you to rate your pain on a scale from 1 to 10? I tell my friends to pick a number but to also give the doctor an example of how much the pain is affecting them. So in addition to ranking muscle pain as a 4, you could tell your doc, ‘The pain stops me from biking 20 minutes a day—I can’t do that anymore.’ Or, if you’re suffering from chronic pain that’s starting to affect you emotionally, you can say, ‘Dealing with this pain every day makes



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me feel depressed and anxious, and it's taking a toll on my marriage.' This kind of information will give your doctor the most accurate picture of your condition and quickly get you on the right treatment plan." —Paul Christo, M.D., host of the radio show *Aches and Gains* and associate professor in the division of pain medicine at Johns Hopkins University School of Medicine in Baltimore

"An attorney I know came in to see me one day, complaining about pain in her upper back. She had been doing a lot of work for our city and was constantly on her laptop, so I told her to have someone take pictures of her at her desk—from the front, the side, and the back. She emailed me the photos, and right away I saw how hunched over she was as she worked: Her posture was causing her back pain. But the great thing was, she could see it too. It's so important to be aware of your posture. Poor posture can cause a number of symptoms, from back pain to headaches. I told my friend to prop up her laptop so it was at eye level, plant her feet on the floor, and sit with her shoulders back and her butt squarely against the seat of her chair. I also suggested that she pay close attention to her posture when she's standing up. I tell people to stand like a human tripod: Think of your spine as the pole, open your legs slightly, and keep your feet firmly planted on the floor. You'll feel and look so much better." —Isis M. Medina, D.C., a chiropractor practicing in New York City

"During a stressful period at work, I noticed that one of my coworkers was drinking lots of coffee—four to five cups a day—which was hard to watch because she also had heartburn all the time. When she finally asked me if the coffee could be a contributing factor, I told her that yes, caffeine can exacerbate heartburn and she should try to cut back.

“Emotional pain  
can cause  
physical pain.”

But I also encouraged her to do things like eat salad at the end of lunch or dinner instead of before—the raw veggies may hold down the reflux response in your GI system. I told her to chew gum, too: It decreases the risk of heartburn after your meals, because the salivary secretions in your mouth and throat push down reflux. She's now heartburn-free!" —Katherine S. Garman, M.D., assistant professor of medicine in the division of gastroenterology at Duke University School of Medicine in Durham, NC

"A woman I know came to see me about six weeks after her mother died. She looked awful—her hair was unbrushed; she was wearing an old T-shirt and no bra. She told me she had a fever and upper back pain, neck pain, and headaches. I did a full exam and ran some tests, which showed nothing serious. But I knew her pain was real, and I knew what was causing it. I sat her down and said, 'You are the poster child for reactive depression.' We're not sure exactly why, but sometimes when a person suffers emotional trauma, they develop physical symptoms. She said, 'So are you going to put me on Prozac?' I said, 'There's something else I want you to try first: SoulCycle.' I knew the endorphins she'd experience while riding and bonding with other women and the distraction of some fun exercise would do wonders. She tried it, and when I checked in with her a week later, she told me she was feeling so much better already. She even said, 'The first night after I exercised, I had a dream in which my mother told me she was fine and I could let her go.' I got goose bumps! There's definitely a mind-body connection—but fortunately for women like her, it goes both ways." —Jennifer Ashton, M.D., ABC News senior medical contributor and cohost of *The Doctors*



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♥ *jennifer lopez*



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## BUSY WOMAN'S FITNESS

## Get a ballet dancer's butt

It's never been easier than with this booty- and thigh-sculpting move from Andrea Rogers, founder and creator of Xtend Barre. All you need is a chair, railing, or countertop you can use for support. Tutu optional.



**STEP 1** Stand tall with your feet in first position—heels together, toes no more than six inches apart. Bend your knees softly, then extend your left leg back, with your toes pointed and the inside of your big toe touching the ground.

**STEP 2** Lift your back leg slightly, pushing your hips forward in opposition. Pulse your leg upward as far as you can (you shouldn't feel pain in your lower back). Continue pulsing for eight counts, working up to 16. Then switch sides.



### Is it okay to *only* do yoga? (Please say yes!)

**Yogalosophy creator Mandy Ingber—who famously sculpted the body of Jennifer Aniston—is a big believer in doing what you love. But the key is the *doing it* part.**

**Ingber:** Of course it's okay to only do yoga! Personal trainers borrow from yoga all the time because, at its core, it's weight-bearing exercise. And there are more intense classes like power

yoga or Vinyasa that are essentially a cardio workout. You just have to find a balance and do something every day.

**REDBOOK:** Wait, I'm sorry. Did you say *every day*?

**MI:** Yes. Yoga is a daily practice. If you want to take it a little bit slower, try Hatha or Yin yoga, both of which are more passive and help relax the nervous system. But if your intention

is to only do yoga, you have to work on it consistently. And for the record: Running errands in yoga pants or lying on a yoga mat doesn't count.

**RB:** Ha! Fair. It's just hard to find time to work out every single day.  
**MI:** Then you do what you can. But remember: Taking care of your body is the most important thing you'll do in life. It's a gift. —Karen Snyder Duke



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## MAY'S SUPERFOOD

## New potatoes

Potatoes? Good for you? Believe it. Spring's baby spuds contain *resistant* starch, a type of carb that's digested like fiber, keeping you fuller longer. They also have more heart-healthy potassium than a banana and (bonus!) require practically zero prep. "Most of the nutrients are right under the skin, so you don't want to peel away that top layer," says registered dietitian nutritionist Frances Largeman-Roth, author of *Eating in Color*. Three fresh, easy ways to serve them:

**IN A PICNIC-WORTHY POTATO SALAD** No mayo here: Boil halved new potatoes until fork-tender, about 12 minutes. Add trimmed green beans during the last 2 minutes of cooking; drain. Toss with 3 Tbsp olive oil, 1 Tbsp white wine vinegar, 1 tsp each grainy mustard and honey, and salt and pepper. Serve warm or at room temperature.

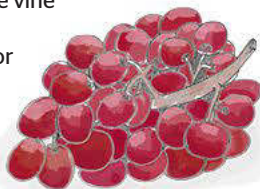
**AS AN AWESOME APPETIZER** Coat potatoes with olive oil, salt, and pepper. Roast on a baking sheet at 425°F until tender, about 20 minutes. Allow to cool slightly; gently flatten the top of each potato with the back of a spoon. Top each spud with goat cheese and chopped fresh chives for a bite-size loaded baked potato.

**SMASHED, WITH ZEST** Boil halved potatoes until fork-tender, about 12 minutes; drain. Mash with light canned coconut milk, coconut oil, lime zest, and salt and pepper to taste. Serve as an unexpected side for baked chicken or fish. —Marygrace Taylor



**FOODS THAT WILL SAVE YOUR SKIN** Sunscreen alone can't block all of the sun's harmful rays, says Mona Gohara, M.D., of Yale University. But you can eat and drink your way to protection.

**Grapes** The skins are loaded with polyphenols, a class of antioxidants that studies suggest can help prevent sun spots and other signs of aging. Pull grapes from the vine and store them in the freezer for whenever you're craving a sweet and icy treat.



**Coffee** The caffeine, antioxidants, and B vitamins in your daily cuppa may combat UV damage by thwarting the growth of injured cells. One preliminary study found that sipping coffee could slash your melanoma risk by as much as 20 percent. Have it hot or iced, but skip the decaf.



**Tomato paste** Tomatoes are packed with the antioxidant lycopene, which helps stave off skin cell damage by fighting harmful free radicals. And since tomato paste is a super-concentrated form of the fruit, it's even better for your skin. Add a spoonful to hummus or salad dressing for a burst of flavor. —M.T.







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# Guilt-free tostadas!

Tortillas aren't just for Mexican food. They're perfect for all kinds of tasty pileups, and Hungry Girl Lisa Lillien's easy ideas only *seem* decadent.

## GUAC 'N' VEGGIE B-FAST TOSTADA

*Take an egg scramble to the next level. Greek yogurt gives guac less fat and more protein, plus a creamy, zingy flavor.*

Bake a **medium-large high-fiber flour tortilla** (110 calories or less) at 375°F until slightly crispy, about 4 minutes per side. Mix **1 oz (about 2 Tbsp) mashed avocado** with **2 Tbsp fat-free plain Greek yogurt**; season with a **dash each of onion powder, garlic powder, and chili powder**. In a large mug, combine **1 cup each chopped spinach and chopped mushrooms** with **½ cup chopped bell pepper**. Microwave for 2 minutes, or until softened. Transfer to a bowl and blot moisture. Spray mug with **nonstick spray**; add **4 large egg whites** (or ½ cup fat-free liquid egg substitute), plus **¼ tsp each onion powder and garlic powder**. Microwave for 1 minute, then stir; microwave for 30 seconds more, or until set. Top tortilla with guac, eggs, veggies, and **¼ cup diced tomato**. Serve with 50 calories' worth of fruit (1 love raspberries) for a completely filling meal.

*Makes 1 tostada (with fruit). 330 cal, 7.5 g fat (1 g sat fat), 27 g protein, 50 g carb, 17 g fiber.*

## BLT TOSTADA

*Bacon: now part of a balanced diet! Use center-cut bacon or turkey bacon—both are leaner than the standard variety but still pack plenty of flavor. Pair this tostada with a bowl of reduced-sodium broth-based soup, like chicken noodle, for a satisfying lunch or dinner.*

Bake a **6-in. corn tortilla** at 375°F until crispy, about 5 minutes per side. Cook **2 slices of bacon** until crispy; chop or crumble. Mix **¼ tsp ranch seasoning** into **2½ tsp light mayo**. Add **½ cup shredded lettuce**; stir to coat. Top tortilla with lettuce mixture, **¼ cup diced tomato**, and bacon.

*Makes 1 tostada. 162 cal, 8.5 g fat (2 g sat fat), 7 g protein, 14 g carb, 2 g fiber.*

## APPLE PIE TOSTADA

*This easy dessert works best when you cook two servings at once and share.*

In a medium nonstick pot, combine **1 tsp cornstarch** with **¼ cup cold water**; stir to dissolve. Mix in **1½ cups peeled, chopped apples**, **1 Tbsp sugar**, **½ tsp lemon juice**, **½ tsp cinnamon**, **¼ tsp pure vanilla extract**, and a **dash of salt**. Cook on medium-low, stirring frequently, until the mixture is gooey, 10 to 12 minutes. Remove from heat. Bake two **6-in. corn tortillas** at 375°F until crispy, about 5 minutes per side. Top each with apples, or store 1 tortilla and half of the apple mixture separately. *Makes 2 tostadas. Per tostada: 125 cal, 0.5 g fat (0 g sat fat), 1 g protein, 29 g carb, 2.5 g fiber.*

BREAKFAST-Y

BACON-Y

SWEET



The breakfast tostada above gives you an exclusive peek at my brand-new book, *The Hungry Girl Diet Cookbook*! The recipes in it are strategically balanced so you can mix and match them your way.

SAM KAPLAN FOOD STYLIST; CLAUDIA FICCA AT APOSTROPHE  
PROP STYLIST; ANGELA CAMPOS AT STOCKLAND MARTEL LILLIEN  
JAY LAWRENCE GOLDMAN BOOK COVER; COURTESY OF PUBLISHER



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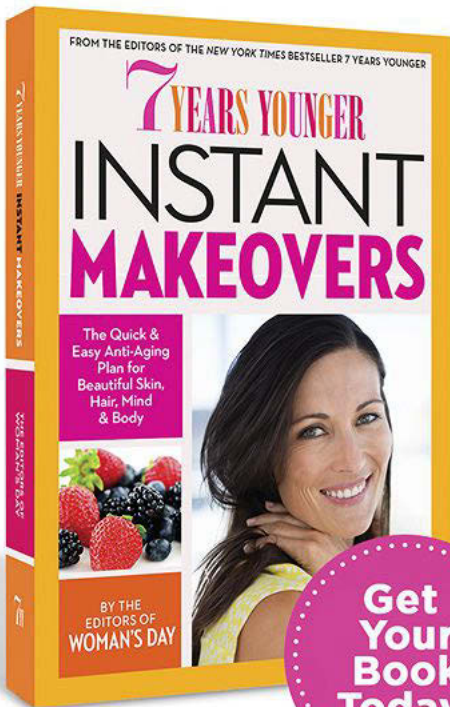
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# How far should you go for a *perfect* night's sleep?



Scientific researchers toil mightily to help us sleep better—so what happens when you try every all-natural cure they have to offer? You discover which ones really work, and which are better left in the lab. BY CAITLIN MOSCATELLO

## I AM NOT A MORNING PERSON. THAT SPANDEX-CLAD GAL SIPPING TEA ON HER WAY TO 6 A.M. YOGA? NOT ME.

Instead, like 67 percent of women in the United States, I have trouble nodding off at night and an even harder time getting up the next day. As a result, I suffer from headaches, tummy issues, and a glazed-over look that makes people ask, “You feeling okay?” It’s

frustrating, since my situation *should* make for optimal sleep: I have no kids, and as a freelancer, I often snooze until 8 a.m. In my quest for solutions, I found a gazillion studies targeted toward people like me. Not just things to do at bedtime to sleep better, but how to spend every minute of the day in pursuit of a good night. It was amazing but daunting, so I decided to try as

much as I could and asked my sister, Tara, to join me. Unlike me, Tara has no problem *falling* asleep—after all, she’s pregnant and has a 2-year-old and an incredibly stressful job—but she wakes up several times a night and never feels rested. Here’s how our day of acting like guinea pigs played out, from the “Who knew?” useful stuff to the bonkers advice we’re convinced *no one* could do.



### 6:30 A.M. RISE AND SHINE

While there's no perfect time to wake up, Michael Breus, Ph.D., author of *Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health*, recommends starting your day between 6 and 7 a.m.

When the alarm on my iPhone starts buzzing, I groggily turn it off and call Tara for moral support. She has little sympathy, since her alarm is a small child, and he woke up an hour ago.

### 6:45 A.M. GET A BITE TO EAT

Breus suggests having breakfast—but not coffee—15 minutes after waking, to jump-start the internal clock that tells your body when to work and sleep, so I begrudgingly toast a piece of bread and top it with avocado. Tara texts me to say she scarfed down a breakfast bar on the way to day-care drop-off. “How are you functioning without coffee?” I write. She reminds me that she gave it up when she got pregnant, and texts back: “WELCOME TO MY WORLD.”

### 7 A.M. SNEAK IN A WORKOUT

Breaking a sweat early lowers blood pressure throughout the day and helps you sleep better later on, a study from Appalachian State University shows. Since science is the boss today, I jog two miles; Tara walks-slash-waddles 15 minutes to her office. Which totally counts: It's not the intensity of the cardio that matters, it's *when* you do it.

### 8 A.M. DRINK SOME JUICE

Having tart cherry juice in the morning—and again at night—may help you sleep about 90 minutes longer that night, according to researchers at Louisiana State University. (It contains the sleep hormone melatonin.) The juice was easy to find, but expensive: I got a 32-ounce bottle for about \$9. Some people drink it in a smoothie, but since I've already eaten, I take it straight. It's not that bad. Turns out, Tara's a fan too.

### 9:30 A.M. CAFFEINATE

I wanted a grande *hours* ago, but Breus says the

stress hormone cortisol is at peak levels early in the morning and piling caffeine on top of it can throw off that magical internal clock. Coffee is better at least a couple of hours after waking, when the cortisol high starts to fade. I stifle a happy dance when the barista calls out “Kaylan”—not my name, but whatever!—and take an extra-big sip in honor of Tara.

### 12 P.M. LUNCH ON HEALTHY FATS

I leave the office where I'm working for the day in search of omega-3 fatty acids, which may be linked to longer sleep. I know I should go for fish, but I cringe at the thought of eating something so... aromatic in a tiny cubicle. Instead, I grab a grilled chicken salad and top it with walnuts and canola-oil dressing for omega-3s. Tara emails me to say she ate salmon at her desk. Show-off.

### 1:50 P.M. LAST CALL FOR CAFFEINE

Breus recommends a 2 p.m. cutoff for caffeine, since it has a life of eight to 10 hours. (Even if you *do* fall asleep after a lotta lattes, it won't be the deep, satisfying shut-eye your body craves, he says.) I rush to the office kitchen and throw back a cup of coffee like a marathoner at a water station.

**3 P.M. NAP?** Experts say mid-afternoon is the last point of the day when you can snooze without hurting your sleep. I consider telling my coworkers that in a NASA study, military pilots who took a short nap increased their alertness by as much as 100 percent. Then I remember this is totally useless advice for any adult with a normal office job. As Tara eloquently puts it in an email, “WHO SLEEPS IN THE MIDDLE OF THE WORKDAY???”

**4 P.M. BE A SHARER** I go to work on my inbox, checking messages and emailing my boyfriend, my mom, and a few colleagues. This puts my email count safely over 25 for the day, which a Pew survey shows can help reduce

“Tart cherry juice contains the sleep hormone melatonin. And it doesn't taste *that* bad.”

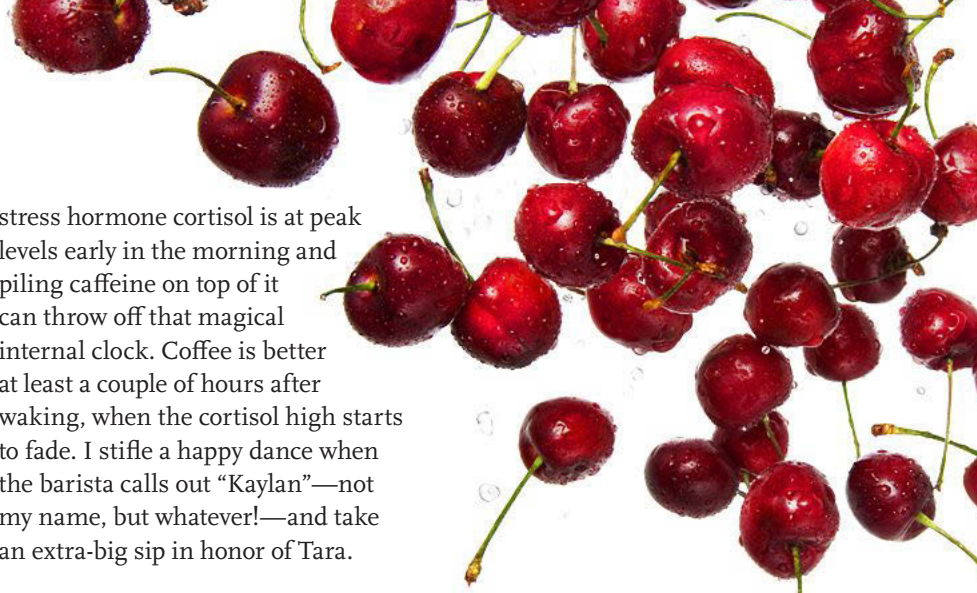
stress, a leading cause of poor sleep. The women who were the least frazzled also tweeted and texted photos regularly, but coming up with anything share-worthy is making me anxious—not the point. Later, Tara tells me she had been on email since 7 a.m., far exceeding 25 messages. But she didn't tweet or text, because she has a grown-up job where that's #frownedupon.

### 6 P.M. IMBIBE NOW OR FOREVER HOLD YOUR PEACE

Even though approximately 20 percent of U.S. adults drink alcohol to fall asleep, booze actually disrupts our circadian rhythms, suggests research from the University of Missouri. It takes at least an hour per drink for the body to metabolize it, so now that I'm home, this is my chance for a glass of wine. I pour it and call Tara. “I'm sitting on the bathroom floor with Eric, clapping while he sits on his potty,” she says. “How's the wine?”

### 6:30 P.M. CARBO-LOAD YOUR DINNER

According to research out of Finland, eating carbs before bed helps promote drowsiness, thanks in part to the amino acid tryptophan. I whip up a bowl of pasta with spinach and cheese (for science), and am happy to hear that Tara ordered a pizza (also for science).





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#### ① 8:30 P.M. HAVE A POT OF TEA

In one study, adults who drank tea made of passionflower (a natural sedative) reported better quality of sleep. "Passionflower also acts as an aphrodisiac in mice," I tell Tara, who snarks, "Oh, yeah, this tea is making me so hot right now." Tara likes its strong, almost sweet flavor, but it's not for me, so I have more cherry juice.

#### ➤ 8:45 P.M. SNACK ON KIWI

It's a good source of antioxidants and serotonin, which may help you fall asleep faster and keep you from waking up in the middle of the night, research shows. "But I don't want kiwi! I want ice cream," Tara whines. "I don't make the rules," I tell her. She reluctantly throws a couple of slices into her bowl of Häagen-Dazs. My stomach is starting to hurt from the wine-pasta-tea-cherry combo, so I wearily eat half of my kiwi and toss the rest in the fridge.

⌚ 9 P.M. USE LAVENDER The scent may lower your blood pressure and improve sleep satisfaction, a study in the *American Journal of Critical Care* suggests. I dab lavender oil under my nose and take a deep breath. Tara showers with lavender soap. She can't tell if it's the soap or the hot water (or her busy life), but she's getting sleepy.

#### ① 9:30 P.M. ABORT ALL DEVICES

The blue light emitted by TVs, phones, and e-readers can suppress the body's production of melatonin, delaying precious REM sleep. Following Breus's orders, I leave my phone in the kitchen and turn off the TV. Tara draws the line at her phone. "What if something happens to Mom or Dad and neither of us can be reached?" she says. "I'll be too worried to sleep." We agree that she can keep it in her bedroom, but not within reach.

① 10:30 P.M. STRIP DOWN Sleeping in the buff can help prevent you from overheating, which is huge: In a National Sleep Foundation report, 35 percent of adults had trouble sleeping at least once in the past week because of the temperature. I get a last call from Tara, who says she's tapping out of our little experiment: "I'm not about to sleep naked straddling a body pillow, thanks." I check that the thermostat is between 68 and 70 degrees—the ideal range for sleep—and get undressed. Have to say: The sheets *do* feel nice against my skin.

**OUR FINDINGS:** Tara and I agree that working toward perfect sleep was both stressful and impractical, but two weeks later there are a few things we've kept that are helping us feel more refreshed. We're both drinking the cherry juice—Tara says it's just as easy to swig *that* on her way out the door as anything else. We're also more than happy to add carbs to dinner. And we agree that it's nice to unplug at night, unless *The Bachelor* is on. "Don't write that!" Tara says, laughing. "It's too embarrassing."

But that's the reality: Life can't be a science experiment. It makes sense, in an ironic sort of way, that the people who need sleep the most can't possibly fit in everything it takes to get there—after all, we're trying to do more in a day than plan for night. Still, there's something empowering about making small changes. Cutting coffee late in the afternoon is making me less jittery (and more tired) at night, while Tara is still showering with her fancy lavender soap before bed. "I like ending the day doing something for myself," she says.

And really, besides a good night's sleep, doing *anything* for yourself might be the greatest luxury of all. **R**

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# 5 feel-healthy, be-happy tricks

This is the month you finally go for a run and show your junk-food cravings who's boss. Living well has never felt so within reach.

## ORANGE JUICE FOR THE WIN

Whole fruit, *schmole* fruit. New research shows it's easier to absorb the nutrients from a glass of orange juice than from the fruit itself. That doesn't make juice a substitute for water—after all, it's still high in sugar, says study coauthor Ralf Schweiggert, Ph.D., of Hohenheim University in Stuttgart, Germany. But a small glass a day is perfectly good for you. Still to be studied: mimosas.

## THE FITNESS TRACKER

### YOU ALREADY HAVE

Smartphone apps are just as accurate as high-end pedometers, a study from the University of Pennsylvania suggests.

Try downloading Fitbit, Moves, or Health Mate—all of which track your steps using the sensors in your phone—for free from the App Store or Google Play. The goal: 10,000 steps a day.

## DO A WORKOUT THAT DOES GOOD

Consider this one less excuse to skip the gym: Barre3 (which has 70+ studios nationwide and is growing) now offers free child care to clients on the first Monday of each month, with a suggested donation of \$5 per child going to Every Mother Counts, a nonprofit dedicated to making pregnancy and childbirth safe for women in the United States and abroad. Find one of its signature classes at [barre3.com/studios](http://barre3.com/studios).

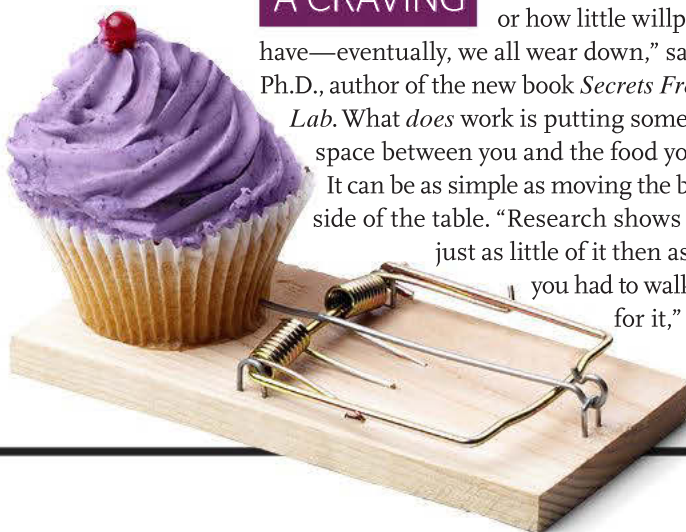
## Look pretty—and pretty awesome

Two-time U.S. Olympian Shannon Rowbury—who earlier this year clocked the fifth-fastest mile in the history of women's indoor track (a zippy 4:22.66)—loves to race wearing bright pink lipstick. "It's like getting made up for a night out," she says. "I feel like I should be dressed for the occasion." So. Fierce.

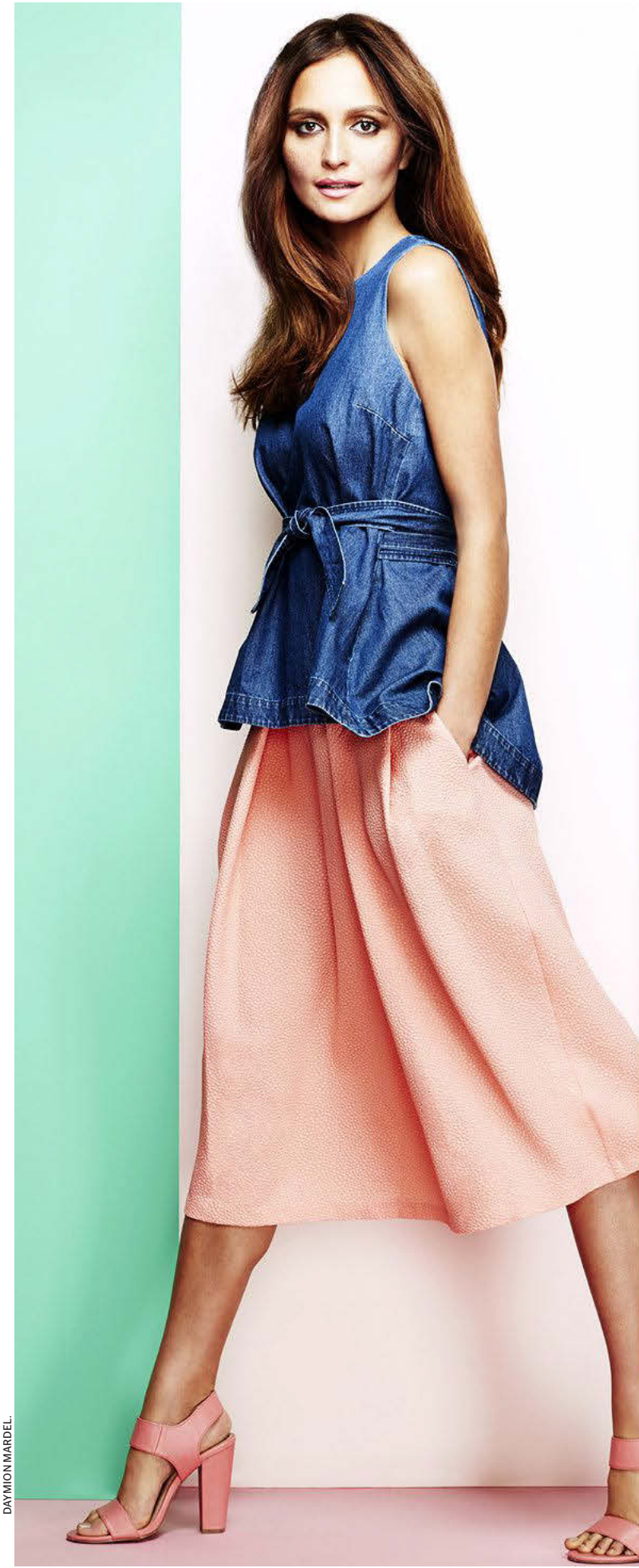


## SQUASH A CRAVING

"It doesn't matter how much or how little willpower you have—eventually, we all wear down," says Traci Mann, Ph.D., author of the new book *Secrets From the Eating Lab*. What does work is putting some physical space between you and the food you find tempting. It can be as simple as moving the bread to the other side of the table. "Research shows you'll eat just as little of it then as you would if you had to walk across the room for it," Mann says.







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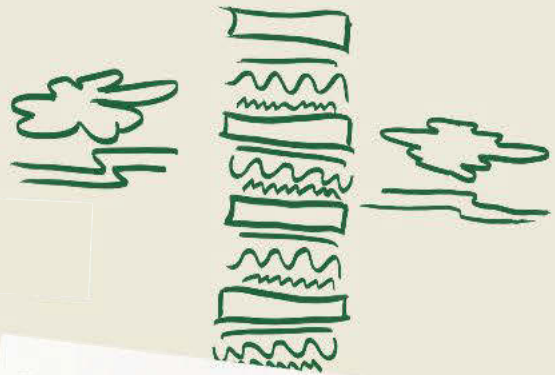


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# LIFE

PHOTOGRAPHED BY Sam Kaplan

## Your phone is making you boring

Just having it in sight during conversation keeps you from connecting with the person right in front of you, new research says. "It may make us think of other friends instead," explains lead study author Andrew Przybylski of the University of Oxford. But did *they* make a lunch date with you? No! So tuck your phone into your bag and focus: At the very least, it'll give you something real to post about on Facebook later.





*Kelly Clarkson*

## "I CAN'T WIPE THIS SMILE OFF MY FACE"

That's what a happy marriage and a giggly baby will do to a woman who never thought she'd have either. Here, Kelly Clarkson lets loose on the weight police, her rough childhood, and how she and her husband stay sexy with three kids. We're in love with her, and you will be too.

**A**sk Kelly Clarkson and she'll tell it to you straight: She never dreamed this would be her life. We're not talking about the whole winning-*American Idol*-and-becoming-a-successful-pop-star thing—from a very early age, Kelly says she knew her voice would be her ticket out of suburban Texas. No, the life that the 33-year-old can't believe is hers is the one in which she's a doting mother to River Rose, her juicy, 8-month-old daughter, and wife to a devoted husband.

"I spent a lot of time feeling like it was just me, alone, on an island," she says. Part of that stemmed from her childhood: Her parents divorced when Kelly was 6, after which her siblings were separated to live with various family members. "Everyone was always leaving. It's hard to wrap your head around family when I wasn't important enough for my own father to stick around. I never wanted to grab onto anyone, I guess, because I was afraid they'd leave too."

BY LORI BERGER • PHOTOGRAPHED BY BEN WATTS

MANICURE: LESLEY OCHOA FOR OPI SWEET HEART AT AMAX TALENT & CREATIVE. PROP STYLIST: AMY CHIN AT WALTER SCHUPFER MANAGEMENT. KELLY'S DRESS: MARNI. JACKET, LEVIS. EARRINGS: NINA RUNDSORE. RIVER'S SWEATER: STELLA MCCARTNEY. BLOOMERS: BONPOINT.





**FASHION**  
**DIRECTOR:**  
Jennifer Hitzges  
**HAIR:**  
Charles Dujic  
for Sexy Hair at  
Grid Agency  
**MAKEUP:**  
Ashley Donovan  
for Diorshow  
at Grid Agency



Then, in 2012, she fell in love with talent manager Brandon Blackstock, whose father, Narvel, is her manager and whose stepmother, Reba McEntire, is her mentor. The pair married later that year, and Kelly became stepmom to Brandon's two children, Savannah and Seth, from his previous marriage. "Having Brandon and this family that loves me is my safe place now," she says. "It's the most peaceful feeling I have ever known." Kelly wrote the title song of her new album, *Piece by Piece* (which debuted at number one on Billboard's Top 200 chart), after a telephone conversation with her older sister. "I said to her, 'How lucky are we that even though we didn't have great examples [of men] growing up, we both found ones who are

### Were you always so fearless?

The only thing I was ever afraid of was watching my mom go through divorce—twice—and having to start over again. She got married right out of school and was with my dad for 17 years. Then one day he just left her with three kids and *nothing*. She got her teaching degree, put herself through school, worked two jobs, and hustled to take care of us.

### What did you learn from seeing her work so hard to stay afloat?

I appreciated it and knew I wanted to be strong like she was. At the same time, I also knew I *never* wanted to have to lean on someone else for my financial stability. I knew I was going to create my own world so I could always take care of myself.

And I'm sure that's why I never dated much or had many long-term relationships.

### Do you think men found you intimidating because of your independence?

Oh, without a doubt. I think with a woman in any industry who is fairly successful and confident, people are very quick to call her a bitch. I'm not a bitch, but I want to remain true to who I am. I don't want to be naked on the cover of a magazine so people will think I'm sexy. And just because I don't want to sing some dumb, throwaway party song, that doesn't make me a bitch.

### Do you think your relationship with Brandon has made you different?

I'm definitely a little softer and not as fearful of being vulnerable. I've always felt like I had to stand up for myself, and suddenly I have this person in my life who knows me

and understands my industry. I'm more relaxed because he's got my back.

### Do you see Brandon as someone who will take care of you?

Goodness, no! Brandon is not my other half. He's a whole and I'm a whole. I've never believed in someone taking care of me, and that's probably because I grew up poor and without a lot of family stability.

### You became a stepmom to Brandon's children—was that transition difficult for you? Or them?

No. Seth was 6 and Savannah was 11 when I came into their lives. I had a stepparent growing up, and stepbrothers and sisters too, so I [had] an idea of what this is like for [them]. The way I see it, they have a great mom and a great dad, and I'm just a bonus parent—another person who loves them.

### Let's talk about River. You've said your pregnancy was difficult. How so?

For seven months I threw up at least a dozen times a day. I was hospitalized because I would get so



**Above:** Kelly steals some cuddles from River, who turns 1 in June.

**Opposite:** With Brandon at the 2013 Grammys.

supportive and loving and such great daddies?' Somehow, this guy found every little piece of me on the floor—pieces that I tried to hide from everyone—and he put me back together."

It shows: Kelly simply can't stop smiling at her REDBOOK cover shoot, whether it's in front of the camera, playing with River between takes, or while casually joking with the crew members, most of whom were complete strangers a couple of hours earlier. Her talk is totally uncensored, and her positivity is practically infectious—we guarantee it will stay with you long after you've put down this magazine.

### I find it so interesting when you say that you never imagined you'd have a family of your own.

It's true! You can ask my mom. To this day, she can't believe I'm married and a mother. She will tell anyone that I came out of the womb with a gypsy mentality. I was that girl who picked up her bags and just went. I liked not having to answer to anyone.



dehydrated. When I started reading how Kate Middleton, who had the same thing as me, was going through it again, I couldn't believe it. I'm just waiting to forget a little so I won't be afraid for next time.

**What's your biggest fear when it comes to River?**

Without a doubt: that she will be spoiled. I did not grow up in the kind of house I live in now, traveling on private jets. I'm always questioning how we teach her that our life is *not normal*.

**How do you think you'll do that?**

Narvel and Reba always tell us to teach the kids to appreciate everything they have—that the little things are just as important as the big ones. Plus, we believe in doing things for others. So, she will be with us when we deliver gifts to kids in the hospital during the holidays. We also tour third-world countries, and that's an education on *real* life.

**How has River changed you?**

Besides the fact that I can't wipe the smile off my face? She's relaxed me. I used to be way more intense about my job and what I do. And it's not like my career has gone on the back burner. It's just no longer totally who I am—it's more of what I do.

**Do you think you missed out on some of the newlywed bliss because you had a house full of kids from the get-go?**

No. I always loved Brandon's kids being around; our life felt so full. I started thinking about having a baby shortly after we got married. Our friends kept telling us that we should wait at least a year. When people used to say to me, "You need alone time," I'd say, "I've had more than my fair share of alone time. I'm good on that for the rest of my life!"

**So do you get much time with just Brandon?**

Totally. After the first two months with River, we moved her into her own room. I want our kids to enhance our marriage; I don't want them to get in the way of it, you know? We don't want to raise three dependent kids. We want to raise three *independent* kids who know and understand how to make lives for themselves.

**What's your domestic life like? Do you cook?**

I try. [Laughs] I've been taking some classes. I like the fellowship of family and friends in the kitchen. Growing up, it was a lot of 59-cent tacos from Taco Bell. I grew up on crap food because poor food is either cheap or fast food. Having a baby has opened my eyes to the necessity of healthy eating.

**I have to ask this question, because I applaud you for being the only celebrity on the planet who actually looks like she just had a baby: How do you feel when you see these Hollywood moms who are back in shape six weeks after giving birth?**

I crave their metabolism. There are just some people who are born skinny and with a great metabolism—that is not me. Everyone is different: different shapes, sizes, colors, beliefs, personalities, and you have to celebrate those differences. The grass is always greener. I wish I had a better metabolism. But someone else probably wishes they could walk into a room and make friends with everyone like I can. You always want what somebody else has.

**Do you like to work out?**

I used to love it for the escapism and when the endorphins would kick in. But honestly, in recent years, *no!* Would I rather have a glass of wine, read a book, or watch a Meryl Streep movie? *Yes!*

**I remember one of the tabloids once ran unflattering photos of you in a swimsuit, and I loved that you could not have cared less.**

I don't obsess about my weight, which is probably one of the reasons why other people have such a problem with it. I'm probably far too comfortable in my skin. [Laughs] I've always been a happy person, and my weight has never had a lot to do with my happiness. I will say this about the times I have been really thin: It's usually because I wasn't doing well emotionally. I don't mean I was working out to be thin; I was working out because I wasn't happy and I was trying to escape. When I'm happy, I go to a wine place. [Laughs]

**So, how do you decompress from a rough day?**

It usually involves handing River over to Brandon and saying, "Mama needs a bath, a glass of wine, maybe a little *Castle*." And it's the same for Brandon. When he needs to check out, he gets on the tractor. A piece of farm equipment is usually involved in his decompression.

**Given that your lives are so hectic, and you have a new baby, do you and Brandon have to work to keep things romantic?**

I always swore that ours would not be a relationship in which we have to schedule sex. I mean, that is *never* going to happen. We are not ever going to be that couple who puts the kids and the work and all the other crap first in the relationship. We put each other first. I call it the oxygen-mask mentality—take care of yourself first!

**You're the happiest you've ever been. Does that ever scare you?**

[Laughs] I say to my friends all the time, "Life is so good now, when is this rug going to come out from under me?" The last three years have just been golden. I mean, has every single thing been perfect? No. But it's been way better than anything I could have possibly imagined for myself. ❸



"Brandon is not my other half. He is a whole and I am a whole."





[WE LEARN FROM HER]

# The wedding gift that changes lives

Alison Phillips and her team of event-planning angels give dream weddings to couples whose definition of forever is heartbreakingly short.

BY JESSICA PRESS



**Y**our wedding day is supposed to launch you into a happy future with the person you most want to share it with. Alison Phillips's job is to help couples forget, for one day, that their future together will be unbearably brief. As the president of Wish Upon a Wedding (WUW), Phillips, 44, coordinates free ceremonies and receptions for couples in which one partner is gravely ill. "They and their families can step away from whatever they're facing and just surround each other with joy," Phillips says. "As one bride told me, 'This is the last time we'll all be together until my husband's funeral—but today we're *celebrating*.'"

Phillips, an event planner, joined the fledgling organization in 2010, after talking to a professional contact who was moved by the story of a dying woman winning a wedding contest. She jumped on board to found and become president of the Chicago chapter, and her devotion—she often wakes at 4 a.m. to get WUW work done—led to her appointment to the executive board in 2011 and national president last year. So far, WUW has thrown 82 weddings and vow renewals, sometimes pulling together the venue, catering, flowers, and photographer in only three weeks. It's a staggering feat, especially when you consider that Phillips and most of her team work on a 100-percent volunteer basis.

"To declare your love to the world is a rite of passage most of us dream of experiencing. But the couples we work with are so weighed down by medical bills or too busy navigating appointments to put together a wedding," says Phillips of why their help is needed. "Beth and I dated for 11 years and always said we'd get married," says Nick Cortina Jr., 49, of his late wife, who was diagnosed with cancer in January 2010. "When she got sick, I wasn't working. Ali made our dream come true. We were only married for 10 months, but the happiness from our wedding lasted more than one day." Bahar Mallah contacted WUW when her fiancé's cancer began to



"Ali is a walking hug," says Bahar Mallah (with Nick, at left) of Phillips (top), who pulled together their gorgeous wedding and reception (below).

progress rapidly. "Nick was starting a new treatment, and I wanted to be there with him as a loving partner, not stressed from wedding planning," says Mallah, 37. "When Ali came in, it was like family taking over. We set the date for 45 days out, since Nick was declining quickly," she says. "Knowing that all these people were giving their time and money for two strangers out of the kindness of their hearts gave Nick a restored vigor. On our wedding day, he used all of his energy to walk down the aisle and to dance with me. He died less than two months later, but he told me he felt like he wasn't getting cheated by life, because his grand finale was marrying someone he loved."

## WHAT YOU CAN DO

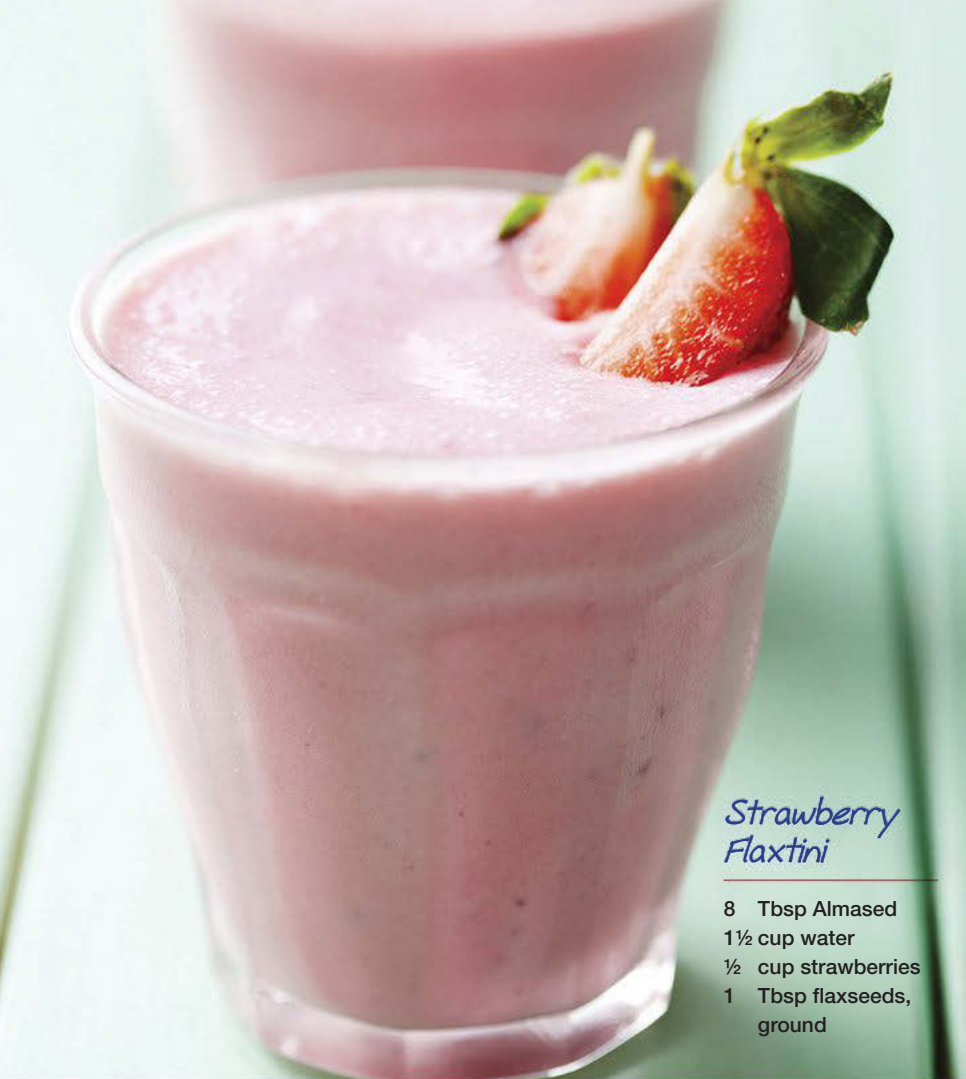
**Donate your date.** Give the cash equivalent of your wedding date (if you were married on November 20, you'd donate \$11.20) or *any* amount at [wishuponawedding.org](http://wishuponawedding.org).

**Pass along your wedding dress.** Send it to Brides for a Cause ([bridesforacause.com](http://bridesforacause.com)), which resells gowns and gives 50 percent of its profits to WUW, or Brides Across America ([bridesacrossamerica.com](http://bridesacrossamerica.com)), which will donate it to a military bride.

**Volunteer.** The national board and local chapters of WUW are always looking for support for everything from planning to PR; go to [wishuponawedding.org](http://wishuponawedding.org) for more details.

FROM TOP: SARAH ALAIR; AMANDA HEIN PHOTOGRAPHY (2)





### Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

# Melt Your Belly Fat

Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. The special fermentation used for making Almased releases bioactive peptides from its three main ingredients, soy, yogurt and honey. These peptides are unique to Almased and have been

shown to inhibit the storage of fat in the body and support the breakdown of existing fat. Combine that with providing a natural boost of energy and maintaining healthy blood sugar and thyroid function and you have the ideal weight loss multi-tasker.

The unique and all-natural formula Almased is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It has been clinically confirmed to support weight loss and overall well-being.

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

### Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



### Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)

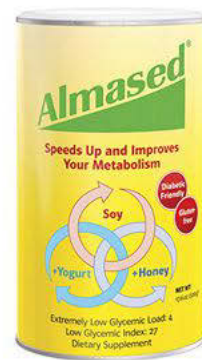


### Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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# 5 amazing American road trips

The open road beckons, people, so follow these routes to see major sites, hidden treasures, and all the other stuff that makes this country great—without any airport angst or sticker shock. BY KRISTI VALENTINI

[KENTUCKY & OHIO]

## The Bluegrass & Buggy Ride Tour



If the everything-was-due-yesterday pace of life leaves little time for the simple things, slow your roll with a trip through unpretentious cities and countryside.

### TOTAL DISTANCE: 332 MILES

► Your mellow begins in Louisville, KY, home of the famous horse race and plenty of bluegrass and bourbon. At the über-interactive Kentucky Derby Museum, catch the thrilling 360-degree movie of this year's race, then test your jockey skills on a mechanical horse. Fuel up on mesquite dry-rub wings or homemade sausage at Momma's Mustard, Pickles & BBQ, and don't leave without at least

tasting bourbon. Nibble bourbon-infused truffles at the Art Eatables chocolate shop or sip one of 60 varieties at The Monkey Wrench, where even the under-21 crew will love the live bluegrass and brunch on Sundays. Stay over at the stylish Galt House Hotel (from \$150; galthouse.com).

► **32 MILES** As you drive away, don't turn on an audio book yet. In Shelbyville, KY, the former headquarters of Kentucky Fried Chicken is now a restaurant started by the Colonel's wife. Yes, there's great chicken! ► **22 MILES** In Frankfort, KY, the more than 200-year-old Buffalo Trace Distillery

ONE WAY



[ARIZONA &amp; UTAH]

## The Red Rock Adventure

offers tours (cool even to teetotalers and juniors) and tastes (not for the driver!!) of its award-winning bourbon.

► **79 MILES** Your next overnight: Cincinnati, a town with terrific museums. At the National Underground Railroad Freedom Center, you'll learn how American slaves braved their way to freedom; nearby is the Cincinnati Museum Center, with three museums housed in the city's historic art deco train station. The children's museum has an indoor wilderness-themed playground perfect for littles who've been cooped up in the car. And try the city's famous chili con carne, served atop spaghetti; Camp Washington Chili has dished it up since 1940. Spend your food coma spread out downtown at Garfield Suites Hotel (from \$109; [garfieldsuiteshotel.com](http://garfieldsuiteshotel.com)).

► **144 MILES** See the world's biggest basket (seven stories!) at the Longaberger basket factory in Newark, OH; farther up the road, weave a smaller one at the Longaberger Homestead.

► **55 MILES** Head into Amish country. In Millersburg, OH, roads often have more buggies than cars. Cruise County-77 and State-557 for shops selling candles, quilts, and baskets as well as cheeses and jams. At Yoder's Amish Home, you can learn about Amish life, meet bunnies and lambs, and take a spin in a buggy. Don't miss the phenomenal bologna sandwiches at Troyer's Genuine Trail Bologna, where they've been serving a special recipe since 1912. Stay at the Barn Inn Bed and Breakfast (from \$129; [thebarninn.com](http://thebarninn.com)), and be sure to ask if there's a village festival happening nearby.



**Isolated and rugged, the stunning peaks and canyons were made for cowboy flicks and you outdoorsy types.**

### TOTAL DISTANCE: 315 MILES

► Sedona, AZ, a mix of red rock formations, evergreens, and endless blue sky, is an OMG waiting to happen. Take a Zen-like hike around Bell Rock; New Agers say it's the site of a strong vortex—a swirling of spiritual energy that causes juniper trees to twist and, perhaps, profound or magical things to happen. You decide! Because Native Americans settled the area, it's a great spot to check out their ancient hilltop and cliffside dwellings, too; see

pictographs and ruins at Palatki Heritage Site. Stay at the Matterhorn Inn (from \$169; [matterhorninn.com](http://matterhorninn.com)), with rustic-elegant decor and incredible vistas, and grab lunch at the view-tastic Tii Gavo's rooftop terrace before heading out of town.

► **7 MILES** Be sure to wear a bathing suit when you leave Sedona so you can hit up Slide Rock State Park, not far from downtown Sedona. Shimmy down a rock waterslide carved by Mother Nature herself, then chill in a swimming hole.

► **151 MILES** Drive east of the Grand Canyon to take the most gorgeous pics of your trip at Antelope Canyon, a Navajo Nation park near Page, AZ. It's known as a slot canyon for its narrowness (3 feet wide by 100 feet deep in spots!), and the curvaceous walls are even more stunning when a ray of sunshine splices through. Book a one-hour tour of the canyon; a guide is required to visit it (from \$35; [navajotours.com](http://navajotours.com)). Stay overnight at Cliff Dwellers Lodge (from \$80; [cliffdwellerslodge.com](http://cliffdwellerslodge.com)), originally a 1920s trading post, with a delicious on-site restaurant. Order the avocado pie with candied lemons—you won't regret it.

► **18 MILES** Even companions not obsessed with the new *Jurassic World* movie will be fascinated by the free dinosaur exhibit at Big Water (UT) Visitor Center. It's a mini museum of bones excavated from nearby sites.

► **57 MILES** Another cool (literally) stop is Moqui Cave in Kanab, UT. It never gets hotter than 70 degrees, which is why the Native Americans used it as a fridge 800 years ago. Nowadays you can see fluorescent minerals, Native American artifacts, and dinosaur tracks.

► **82 MILES** Once you reach Bryce Canyon National Park, take advantage of the easy trails leading down into the canyon, then walk among the countless rows of towering but delicate



## CAR GAMES FOR KIDS OR GROWN-UPS

red rock spires. After, grab an elk burger and a slice of sour cream raisin pie at Bryce Canyon Pines. Relax at Ruby's Inn (rooms from \$120; rubysinn.com), where you can camp, rent a cabin, or get a comfy hotel room, before heading back to the park at night. With one of the darkest skies in the world, Bryce Canyon is a stargazer's dream. Use the rangers' telescopes—or not. The 7,500-plus stars are awe-inspiring either way.

**Try these boredom smashers:**

### The Storyteller

As a group, come up with the main parts of a narrative (character, location, event). Then, each person gets three seconds to contribute one sentence to the story, taking turns until it

comes to a crazy end, suggests Matthew Rohr, founder of top roadtripgames.com.

### What Does It Stand For?

Turn random license plate letters into goofy acronyms: SFG might stand for "Slow funny guy" or "Super fuzzy grandma." Adults

only in the car? If it gets R-rated, that's on you.

### The Radio Psychic

Ask a question—about life, love, the open road—and the next song that plays on the radio holds the answer in its lyrics. Spooky! —Melissa Walker

[OREGON]

## The New Food Trail



Pack your stretchiest yoga pants for chowhound heaven in the great, green Pacific Northwest. To best savor the raging locavore scene and seriously good pinot noirs, you may want to leave the picky eaters at home.

### TOTAL DISTANCE: 248 MILES

► In Portland, OR, live like a local by eating from a few of the city's hundreds of food trucks. Head to

SW 10th Avenue and Alder Street for the city's largest caravan; at El Taco Yucateco's white-and-silver trailer, try the \$2 *panuchos*—chicken tacos with pink pickled onions and avocado. Walk off calories at the International Rose Test Garden, where you can take time to smell the blooms on at least some of the 8,000 bushes and admire the

pretty views. Later, unwind in the quirky, music-themed McMenamins Crystal Hotel, where there's a steamy soaking pool (from \$155; mcmenamins.com).

► **97 MILES** Follow the path of explorers Lewis and Clark along the Historic Columbia River Gorge Highway. Stop in Astoria, OR, a charming port town where the river meets the Pacific, and where '80s classic *The Goonies* was filmed. You'll find tons of on-set memorabilia and can make your own green-screen video at the tiny Oregon Film Museum. At Fort Clatsop, walk as much of the 6.5-mile Fort to Sea Trail as you have time for to follow Lewis and Clark's final, trailblazing footsteps before they headed back east.

► **25 MILES** There are art galleries and fun, kitschy shops in Cannon Beach, OR, but on a sunny day you'll find most visitors taking in the amazing view of Haystack Rock, jutting out of the Pacific. Another good outdoor adventure:

razor clamming, which lasts through July 15. Rent a shovel (\$15) and get a license (\$11.50 for three days) at Trucke's 1 Stop in nearby Seaside, then head to the Seaside Aquarium—some of the best digging is right in front. If you're not game to clean and eat your bounty, you can donate the shellfish to the aquarium. Freshen up before grabbing a seat at Cannon Beach Café, a beachy bistro with delicacies like prosciutto salad—sushi-like rolls of arugula, spinach, and chèvre cheese wrapped in the dry-cured ham. Then off to bed at Ecola Creek Lodge, a charming place where every room is different (from \$89; ecolacreeklodge.com).

► **41 MILES** Make Tillamook Cheese Factory a lunch stop. There's a self-guided tour and free samples, but mostly you'll want to brake for the grilled cheese.





► **85 MILES** Home to more than 300 wineries, the Willamette Valley is also packed with hazelnut orchards and Christmas tree farms. A fun but spendy way to see the valley is a two-hour horseback tour to local wineries from Equestrian Wine Tours (\$120; equestrianwinetours.com). Or, go budget and pick up delicious lunch supplies at Fino in Fondo. In their salumeria (a.k.a. the salami tasting room), try a variety of their gourmet meats and walk away with your favorite. Picnic among the rare plants garden at Villa Catalana Cellars, then taste the wine there. When you start getting drowsy, rest your head at historic McMenamins Hotel Oregon on the town of McMinnville's sweet main street (from \$115; mcmenamins.com).

### MUST-HAVE APPS

**What Lori Cunningham, founder of tech site wellconnectedmom.com, says will make your phone even smarter:**

**Waze** This map app tracks traffic in real time, thanks to crowdsourcing, and will reroute you if there's a major slowdown. *Free.*

**Along the Way** Use this guide to find parks, cafés, historical landmarks, and more sights without driving off course. *\$2.99*

**Stray Boots** In major cities, this app will take you on scavenger-hunt-type walking tours. *The app is free; tour prices vary.*

**Magisto** Make all your snaps work harder with this slide-show app: It creates a mini movie of your daily pics set to music with just a few clicks. *Free.* —M.W.

[ILLINOIS & MICHIGAN]

## The Midwest Riviera Route



The 200 miles of sugar-sand beaches and lovely waterfront towns along Lake Michigan scream vacation, in a really nice Midwestern way.

### TOTAL DISTANCE: 468 MILES

► Launch your route in Chicago. Learn about the city's historic architecture with a boat tour on the lake and down the Chicago River (\$31.95; seadogcruises.com).

► **151 MILES** Like its namesake, Holland, MI, is filled with tulips and windmills. Soak up sunshine at Holland State Park beach, then cool off in the Holland Museum, where you'll learn about the city's ties to the motherland. Stay at the sleek

CityFlatsHotel (from \$199; cityflatshotel.com), and, for breakfast, pick up some fluffy cinnamon rolls from fifth-generation bakers at De Boer's Bakkerij.

► **36 MILES** In Muskegon, MI, tour the USS *Silversides*, a World War II sub.

► **59 MILES** Next stop: Sleepy Ludington, MI, for an ice cream cone at House of Flavors and a walk on the pier to the historic lighthouse.

► **79 MILES** Sleeping Bear Dunes National Lakeshore in Empire, MI, is 35 miles of protected dune bluffs, forests, and beaches. Surf with rentals and lessons from Sleeping Bear Surf & Kayak, climb the 450-foot-tall sand slopes, or just gaze at the Caribbean-like water. Refuel at Joe's Friendly Tavern, where juicy burgers go great with homemade root beer. Savor a masala chai tea chocolate bar from Grocer's Daughter Chocolate for dessert, then tuck yourself in at the homey Empire Lakeshore Inn (from \$69; empirelakeshoreinn.net).

► **143 MILES** Pull the parking brake; it's time to leave the car behind. Take Star Line's 20-minute ferry ride from Mackinaw City, MI, to Mackinac Island, where vehicles were banned in 1898 (your car can stay in the ferry parking lot for free). The Victorian downtown is almost *too* adorable with its quaint shop fronts and the clip-clop of horse-drawn taxis, but you'll eat it up, along with the famous local fudge. There are more than a dozen shops; Murdick's Fudge has the original, creamy recipe, but locals also love JoAnn's. Drive a horse buggy from Jack's Livery (starting at \$66)—they'll pick you a horse you can handle—then tour Fort Mackinac, dating to the Revolutionary War. After dinner at the Pink Pony, stay at the Windermere Hotel, a charming B&B with a sparkling view (from \$95; windermerehotel.com).





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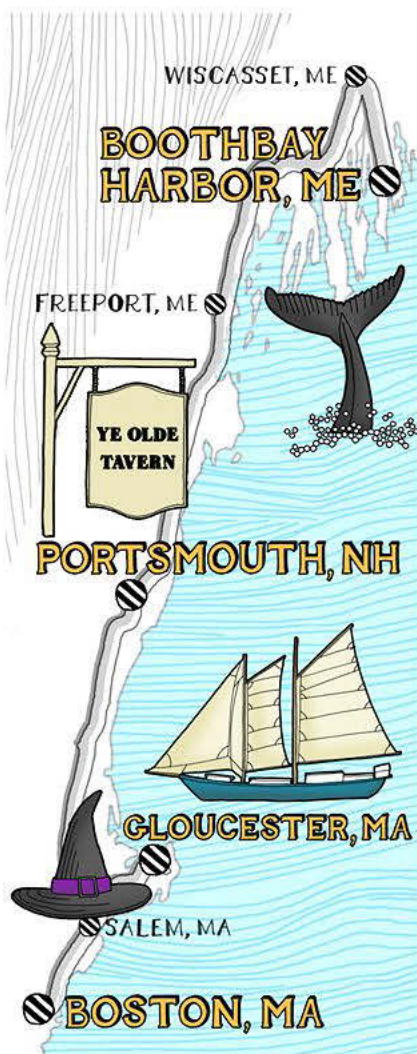
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[MASSACHUSETTS, NEW HAMPSHIRE &amp; MAINE]

## The Classic New England Trek



There's no better way to understand the American spirit than to see where it was born. Also: There's shopping.

### TOTAL DISTANCE: 203 MILES

► In Boston, visit the gracious Isabella Stewart Gardner Museum, where you'll feel like a visitor to the past in the artwork- and furniture-filled mansion. But don't miss the *empty* frames, which have been that way for 25 years, since art thieves stole several works, including prized ones by Vermeer and Rembrandt. Take a 10-minute walk to Neighborhoods Coffee & Crepes, where you can fuel up with dozens of crepe options, including ones filled with homemade jam. Or, just bring your fam to the new

Legoland Discovery Center: You can even cram in some history when you all pause to admire the Boston Tea Party, rendered in teensy plastic bricks.

► **19 MILES** Visit the eerie, outdoor Salem Witch Trials Memorial site, a place that truly honors the unfairly accused, unlike some of the town's cheesier tourist traps.

► **17 MILES** Hop back in the car, because you want to get to Gloucester, MA, one of America's oldest seaports, now an artists' haven. Stroll Rocky Neck Art Colony, a series of galleries housed in cottages. Then sweep along the coast in a tall ship, even helping to raise its sails, with Schooner Sails (\$40; schooner.org). In the evening, grab a table at Woodman's, the birthplace of fried clams, then head to the hilltop Vista Motel (from \$104; vistamotel.com).

► **57 MILES** Settled in the early 1600s, the small city of Portsmouth, NH, has retained its historic brick buildings and active fishing port. To get acquainted with the city's roots, walk around Strawberry Banke Museum, a 10-acre preserved neighborhood showcasing homes, shops, and taverns dating back to the late 1600s. Then head over to old-town Market Square for eclectic, tax-free shopping and a sidewalk seat at Popovers on the Square. Order the popovers, obviously (you can get them filled with clam chowder!). Then check in to the Ale House Inn, a renovated 1870s warehouse, which will welcome you with a beer and a loaner bike (from \$199; alehouseinn.com).

► **68 MILES** In Freeport, ME, stretch your legs at L.L.Bean's flagship store—open 24/7.

► **29 MILES** Take another break in Wiscasset, ME, home to tons of antique stores, plus Red's Eats, a roadside stand serving a whole crustacean's worth of meat on its lobster rolls.

► **13 MILES** Unwind in picturesque Boothbay Harbor, ME, a Native

American fishing village that became an English settlement. Ponder life back when with a walk through winding narrow streets to the Lobster Dock, a wooden waterfront shack serving three-pound lobsters fresh from the sea. Whale-watching season runs from May through October; go out on Cap'n Fish's Whale Watch boat (\$54; mainewhales.com). Starting in late May, overnight it at Fisherman's Wharf Inn (from \$149; fishermanswharfinn.com), perched on pilings at the water's edge.

### BEST ROAD-TRIP CARS

If you're planning to buy a new ride, do it before you spend your vacation behind the wheel.

**2015 Volkswagen Golf SportWagen TDI** Remember how the wayback in Mom's station wagon went on for days? This is the sporty version of the car that fits everything. The back is twice as big as traditional trunks, and it seats five for *real*. Plus, the diesel engine promises 42 mpg. (\$24,595)

**2015 Subaru Legacy 2.5i Limited** The safety features are borderline futuristic: Cameras monitor traffic so the car can adjust cruise control and even apply the brakes. Other sensors monitor blind spots and keep backing up from turning into backing into a lamppost. (\$26,495)

**2016 Mazda6 Sport MT** It used to seem like you could get a reliable car or you could get one that looked good. Now you can get this four-door sedan, sensible enough for a family, fun enough for fast drivers, with a look that's tough and sleek, like the world's greatest jeans. (\$21,495) —Marc Bertuccio







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# “My mother, the superhero”

Three writers share the ways—small and life-alteringly large—their moms sacrificed for them. Read, cry, relate, then get inspired to send out a little gratitude of your own.

## *You saved my life*

BY ANNIE VERNON

**D**ear Mom,

It's been 15 years since the day I realized something amazing: I have a superhero for a mother.

Even though it's a story we both know so well, here's the version I remember: I was 5 years old on that day in 1999 in Pagosa Springs, CO; I put on my favorite bright pink, ruffled bathing suit, eager to get to the hot springs and swim. We three kids, Chloe, Elliot, and I, could hardly wait because you knew how to build suspense—telling us how the warm water bubbled up through the rocks, how people traveled for miles to swim because it had healing powers. It sounded like magic!

I was disappointed to learn that we had to make a pit stop at a cabin we were going to rent for Christmas. What happened there never left our lives.

Chloe, Elliot, and I laughed and bickered like always as you got out of the car with Dad, Nana, and Baba to sign paperwork. Waiting in the car, I was admiring the beauty of the large cliff that the house was situated on, when our Suburban knocked out of gear and started rolling toward the cliff's edge. My first instinct was to look wildly for you: our protector.



Annie and Joy, happy to be together one year after the accident (left) and in December 2013.



You were standing outside the cabin when you saw the car. I remember the look on your face. It wasn't fear. It was stone-cold determination. Everyone else had frozen in horror. But you ran. No, you didn't run. You flew.

You hurled yourself in front of the SUV, arms outstretched like you could stop it. For a dim moment, my 5-year-old mind believed that you could. The determination never left your face as your slight, 100-pound body vanished underneath the car.

Chloe, Elliot, and I felt a bump as we ran over your body.

Without you, there wouldn't have been a bump to cause one of the doors to swing open so that Baba could jump in and pull the emergency brake. Without you, I wouldn't be sitting here today. Without you, I wouldn't believe in superheroes.

Yes, you are paralyzed from the waist down and your life is tough at times, but none of it ever stops you. Every morning I see the same determination

“How many people can say that the last time they ran, they saved three lives?”



I saw on your face the day of the accident. You make sure to be at every tennis match, you listen to every detail of my college life. You encourage me to be anything I want to be in this world. But the truth is that all I want to be in this world is you.

I want your passion to keep fighting and hoping and living and loving. I secretly know that you would love to go back in time to walk, run, dance, and jump for just one more day. I know you must

think about it and dream about it. But I also know that you wouldn't trade it for the world because we are alive. And how many people can say that the last time they ran, they saved three lives?

A few years after the accident, you were at one of my soccer games and hit a pothole that sent you flying out of your wheelchair to land in a tangled heap in the grass. As you lay there, staring at the blue sky, you said something I have always remembered: "You can either

laugh about it or cry about it, and I think it's better to laugh about it." When I can't seem to pick myself up, I think back to that day and remind myself that I have living proof that good can come from bad. Joy can come from pain. Because that is what has happened to us. You are Joy. It's your name, and it's who you are.

You are my superhero, who doesn't even need legs, because, Mom, you can fly. —Adapted from the collection *A Letter to My Mom*, edited by Lisa Erspamer, published by Crown Archetype



Heather with her mom, Kathie, last year (top), and getting her first travel bag at 4 months old.



## She can make "home" anywhere in the world

BY HEATHER COCKS

"What is that?" Mom yelped, pointing a finger at the Kleenex in my bedroom trash can. It was the summer I turned 13 and our family was relocating from England to Miami, where my dad had already begun a new job. With a moving company soon to arrive, Mom wasn't leaving any excess junk to chance. "This is unacceptable," she said, tremulously. "I asked you to help me..." Her voice trailed off as she hauled away the offending receptacle, while my older sister and I gaped. "She's losing it," we agreed. But in fact, she knew how to keep it together better than any woman I've ever known. It just took me growing up to realize it.

My parents originally settled down and started a family in Houston. But as my

father's career flourished, that changed: In the span of a decade, his work took us from Texas to Britain, to Florida, to Canada, back to Texas. That's four international moves my mother shepherded alone, because Dad had to go on ahead. She had to wrestle three kids through the rest of a school year, sell our house, and help us say good-bye to our old life. It wasn't Dad's choice, but the effect was as if he'd devoured a multicourse meal with her and then stuck her with the check.

In my tween and teen years, though, I couldn't see her struggle. Nothing existed beyond my own angst about losing my place in the Drama Club. I didn't see that every time we moved, she lost her security blanket: her friends, her volunteer work, the simple rhythms of her life. She had to start over just as nervously as we did. And yet each time, she subsumed those anxieties and soothed ours instead. After our third move, my mother was working so hard that she



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quietly took herself to the hospital for chest pains. It was fatigue, muscle strain, and stress, but she never let it show—in fact I didn't even learn about it until years later. She was too busy letting me cry on her shoulder about what I'd left behind, and coaxing me to be grateful for the adventure ahead.

When I was 23, a decade after the Great Kleenex Incident, it finally clicked. In moving solo from Austin, TX, to Los Angeles, I made every mistake Mom never did: paced my packing badly, poorly researched my storage options, and misjudged how much furniture I owned, to the point where I gifted a dozen things to the moving men because the truck was full and I couldn't deal with another decision. And that was just me, without kids or even a disgruntled pet to consider. Today, as a parent of twins, I still can't fathom how my mother carried it off. She boxed up, relocated, and re-created an entire household over and over, when we can barely get the right gear across town to T-ball. She put us on her shoulders and carried us across the world, and made it look so easy that we forgot to thank her. And in fact, *thank you* doesn't seem to cover it. But maybe a little vindication will: She was right about the Kleenex. My movers charged me for a box containing only a sliver of used soap and a wastebasket half full of tissues. My mother, it turns out, *does* always know best.

—Heather Cocks, one of the bloggers behind *Go Fug Yourself*, is coauthor of the new novel *The Royal We*.



Jessica and her mom, Stella, last summer, celebrating each other and their shared love of mint chocolate chip ice cream.

## She sacrificed her peace for mine

BY JESSICA SOFFER

From a young age, my mother made me feel like an equal. The moment I was old enough to have an opinion, she'd ask me what we should have for dinner, if we should take a morning or night flight. And she listened. If she asked, "Should we try to find a cab in this weather?" and I said yes, we did. In this way, I learned the value of thinking before speaking. If no cab came for 20 minutes and we got soaked by the rain, well.

My mother made me part of every decision because her mother had done the very opposite. Her mother was unengaged with her daughters, rarely listening, never bolstering them. My mother did everything to get her attention: was a good kid, a bad kid—her mom barely noticed. So, she decided *she* would grow a daughter who felt her voice was trusted and needed. My mother trusted and needed me, and I was grateful.

Then one day when I was in high school, we were walking in the park, talking about colleges or friends, and just like that, she told me my father had been battling cancer for a year. I stopped cold. "We didn't want to burden you," she said, sympathetic but not regretful.

What I felt at that moment was complicated: I was heartbroken, gutted—my father meant the world to me. There

was also guilt and shame that I had missed something so big. Perhaps most shocking was that my mother *hadn't told me*. I questioned how close we really were. How could I have not sensed her suffering? How could she have not needed me?

I felt crushed and betrayed, and our relationship became

contentious. When she'd ask me my opinion, I'd ask why it mattered. But my father got sicker, and my mother took beautiful, gracious care of him, and I had to put my hurt aside. Being self-righteous took too much energy—and there wasn't much energy to go around. Still, there was a distrust I couldn't shake. I'd ask to go to doctors' appointments so I could hear the truth for myself. A shift had taken place.

Recently, someone asked about my father's cancer and I remembered all that. It's been almost 15 years. For the first time, I was ashamed of my selfishness. It took me too long to acknowledge that by protecting me, my mother had given me a year of life, unburdened: a year without hospital beds and pill bottles and the knowledge that my father would die, sooner rather than later, and that we'd never be the same. For a whole year, she gifted me ignorance. She knew the pain that was to come—and that it could wait. So she suffered alone. And then after she told me, she suffered through my misplaced anger without a single word in her own defense. My mother treated me like much more than an equal. She treated me with the most sincere form of love and grace and mothering I know.

—Jessica Soffer's novel, *Tomorrow There Will Be Apricots*, was just released in paperback. She teaches fiction at Connecticut College.



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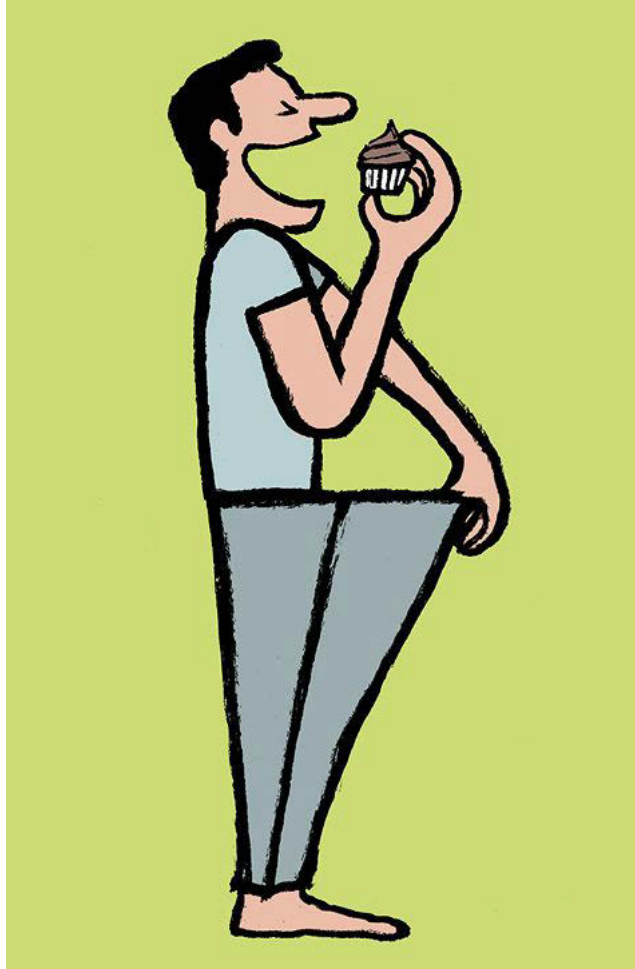
# Weight-loss secrets men know

Aaron Traister explains guys' infuriating ability to lose weight faster than you. Completely unscientific, but strangely logical.

**I**f you've ever dieted with your guy, this may sound familiar: You, three weeks after kale-ifying your diet and rearranging your life to work out, discover you've lost exactly 0.4 pounds. Meanwhile, your man is all excited because he's dropped eight pounds and an entire pant size, which he tells you while preparing his "diet smoothie," made from bananas, fried chicken, and chocolate milk. What gives? Researchers have studied this and found that, yep, men drop twice as much weight as women when they start a diet. I'm sure there's a scientific-y explanation for that, but I've got my own theories, not a single one proven by anything other than dude's intuition. Think of them before you throw the blender at your guy's newly slim rear end.

**Our ideas about "results" tend to differ.** I'm gonna be honest and say that being part of the patriarchy has its privileges. One is that I don't feel soul-crushing pressure to look like Channing Tatum the way many women feel like they ought to look like a *Sports Illustrated* model. What I want is to be able to lift 200 pounds over my head by Christmas, because that will definitely get me out of an unforeseen jam. And so I work hard at it, and if I get Tatum-abs, that's just a bonus. Last year I learned how to jump rope for the sole purpose of embarrassing my kids at school pickup. Because my goals aren't wrapped up in how I feel about how I look, if I have a setback, I don't get frustrated and give up. I never stress that my wife, Karel, won't want to have sex with me because I can't lift a kangaroo. It's freeing.

**We're stupidly competitive.** And I mean all of us: club soccer guys, weekend half-marathoners, pie-eating-contest dudes. At the gym, this means results come quickly. Two years ago, I couldn't jump rope and could barely do two push-ups. But Crossfit Gym Queen Christine, a nephrologist and mother of two, uses a jump rope like it's an extension of her body and makes push-ups look effortless and elegant. I took one look at her, and it was *on*. Nowadays, she can still kick my butt at that stuff, but I can squat twice her body weight. I'm confident she'll never squat my body weight (not that she wants to). So I think I've made it clear who the new Crossfit Gym Queen is.



## We know exactly what not to eat.

Karel: "How have you lost so much weight this month?"

Aaron: "I cut stuff out of my diet."

Karel: [*Skeptical*] "What have you cut out?"

Aaron: "I've stopped eating doughnuts."

Karel: "You're eating a cupcake right now."

Aaron: "A cupcake is not a doughnut."

After I said that she got annoyed and left the room. Here's what's happening: You already eat better than we do. Karel stopped eating candy when she was 21! It's easier for guys to track down and eliminate the stupid things we're consuming that add pounds. I was eating doughnuts like a whale eats krill, but I'm not about to give up sweets. So I started eating cupcakes. I like them less than doughnuts, so I eat less and end up losing weight without eliminating entire food groups like Karel has to (dairy! red meat! white flour!). Best of all, I'll never have to ask a waiter, "Does this have doughnuts in it?" or "Can you have the chef prepare this without doughnuts?"

**We have you for support.** When I wanted to get in shape, Karel created charts, she made special meals, and we talked about exercise. When her back issues meant she had to rethink her diet and fitness, I was like, "Durr, you should cut out doughnuts!" Men are often not the best cheerleaders—but we *do* care. If we don't think to offer help, say something very specific, like "I need you to deal with dinner and the kids Tuesday and Sunday so I can go to the gym and get my health in order." And please remember, we don't expect you to look like a swimsuit model. We just want you to be happy. Ideally, happier than any of the other guys' wives. **©**





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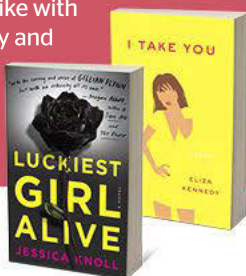


# 5 new things that make life great

Curmudgeons, this stuff is not for you. These will bring you a burst of joy or deep satisfaction, whichever you need most.

## ROOT FOR FLAWED WOMEN

*Gone Girl*'s Amy was one of the most popular unlikable characters in recent memory, and now there are two new, equally absorbing women to meet. Lily Wilder, the main character of Eliza Kennedy's comic *I Take You*, is a successful lawyer engaged to Prince Charming... who can't seem to stop sleeping with other guys. In Jessica Knoll's dark page-turner *Luckiest Girl Alive*, Ani FaNelli's perfect facade crumbles when a shocking event from high school comes back to haunt her. Unlike with Amy, when Lily and Ani get real, you'll root for them—and adore them.



## DOGS ARE THE BEST

It doesn't just seem like your dog can read your mind: A study found that dogs know how you feel even when they can't see a smile or frown. Foster more amazing connections by supporting Pets for the Elderly, which funds shelter adoptions in 27 states.



## Music you can feel

When you hear Alabama Shakes's lead singer, the guitar-wielding, raspy-voiced Brittany Howard, belt out bluesy rock songs about love or long, hard days, you'll feel like she's singing from *your* heart. The band's first gritty, grabby album landed them three Grammy nominations, and the new one, *Sound & Color*, has even more depth. We love how Howard refuses to be boxed in creatively: "The album is all sorts of music," she explains, with influences from funk to punk. Go there with her—this is a woman who knows what she's doing.



## FAVE REUNION EVER

Jane Fonda + Lily Tomlin = we're in.

Nearly 35 years after *9 to 5* blew our minds, Jane Fonda and Lily Tomlin are together again,

## Celebrate the power of kindness

It's a simple idea: Provide students in third-world countries with a meal a day at school so they won't miss out on education or go hungry. That's the mission of Mary's Meals, founded by Magnus MacFarlane-Barrow, who was a salmon farmer in Scotland before he started saving the world.

His group will be feeding a million kids per day by the time his book, *The Shed That Fed a Million Children*, hits stores on May 26. "I hope the 'million' tells people this is possible," he says. Join him at [marysmeals.org](http://marysmeals.org).

this time in Netflix's new show *Grace and Frankie*. They play archenemies trying to figure out their lives after their husbands (Sam Waterston and Martin Sheen) announce that they've fallen in love—with each other. The takeaway? "Life begins at any age," says writer and creator Marta Kauffman (who also created *Friends*). For Tomlin, it's all about the power of women and having a good time. "If you're looking for a life lesson, tune in to *Judge Judy*. If you want to see two glamorous stars at the top of their game, tune in to us!"



NEW!

**Terrible litter odor?  
Take a deep breath and count to 4.**

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# AT HOME

The cheerful paint here is Sherwin Williams's Coral Reef SW 6066.

## Fake some fancy molding

This beautiful wall didn't involve pricey custom carpentry—it was D.I.Y.'ed using picture frames. KariAnne Wood of the blog Thistlewood Farms bought enough 16x20-inch frames (about \$13 each at Ikea) to fill her wall. Then she removed the glass and backing, tacked them up 4½ inches apart with nails, and painted everything a happy color.





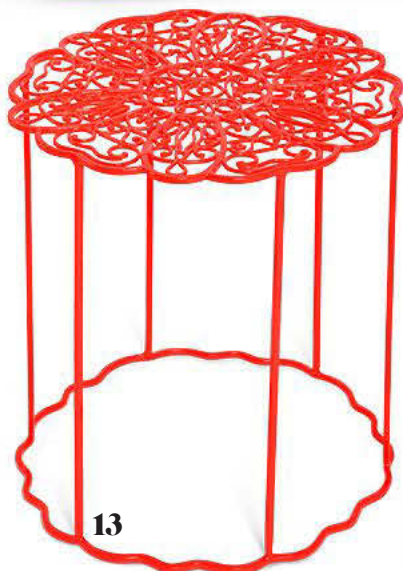
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2

# home under \$100

Sweet spring finds,  
including stellar Mother's  
Day gifts, for every  
room and real budgets.



13



12



11



14



10

These fun, pretty accents (a birdcage lamp!)





**1** This sham will perk you up—no caffeine necessary. Jenny Boudoir sham, \$55; biscuit-home.com.

**2** Mix-and-match heart-shaped teacups that seem straight out of *Alice in Wonderland*. Dream and Sugar set, \$64.99; modcloth.com.

**3** Better than an Instagram filter: handmade watercolor art. Custom portrait, \$19.90; etsy.com/shop/watercolorcastle.

**4** Add this whimsical chandelier to any space for instant character. Birdcage chandelier, \$70.95; elizabethsembellishments.com.

**5** Floral tumblers + chardonnay + deck chair = the perfect spring evening. Glass flowers tumblers, \$6.90 each; zarahome.com.

**6** Made for displaying cupcakes... or bananas, if you must. Ruffle cupcake plate, \$19; glitterville.com.

**7** Maybe this rainbow of organic cotton towels will make drying dishes less of a chore? *Maybe?* Diamond chambray kitchen towel, set of 7, \$48; coyuchi.com.

**8** The perfect mix: a bit modern, a bit girly, and so relaxing. Rocking chair, \$90.80; contemporary furniturewarehouse.com.

**9** A simple table gets an upgrade with statement-making legs. Nipen/ Linnmon table, \$95.99; ikea.com.

**10** Because you should always cook with love. Staub ceramic heart cocottes, \$69.95 for 3; surlatable.com.

**11** This magic screen hides it all, including that corner where you pile the laundry. Ore International screen, \$99.98; target.com.

**12** What's fresher than a painting of flowers? Fresh flowers hanging on your wall! Danya B. wall mount vases, \$32.95 for 2; hsn.com.

**13** A sweet little side table that's just begging for a garden party. Plum & Bow floral garden side table, \$89; urbanoutfitters.com.

**14** These pups may be inspired by antiques from the 1800s, but they're on-trend now (and adorable). Dog pair, \$56; furbishstudio.com.

**15** Robin's-egg blue is such a calming color, and it'll go with almost any decor. Seahouse Aqua Sand table lamp, \$69.99; eurostylelighting.com.

BIRDCAGE, HEART-SHAPED CUPS, CAKE STAND, DE VON JARVIS/STUDIO D, STYLIST: CLAIRE TEDAL DI AT HALLEY RESOURCES. ALL OTHERS: COURTESY OF THE MANUFACTURERS. FLOWERS: SHUTTERSTOCK.

are guaranteed to make you smile.



at home

# 1 dream kitchen, 20 real ideas

Didn't a wise woman once say that life's too short to hate your kitchen? Well, it is. We've got designer tips and chic details to help you get *this* look at a fraction of the cost.



**T**he secret to the fancy-yet-comfy vibe of this gorgeous kitchen: accessories. Knobs, lights, chairs, and dishes will elevate even the smallest of spaces for far less than the cost of new cabinets. “Dressing up your kitchen is like adding jewelry to an outfit,” says designer Caitlin Wilson. “White kitchens are the norm, so they don’t feel unique. I used hardware and lights to make the statement.” And if you’re working with a tiny budget, don’t be afraid to start small—even one snazzy new chandelier can have room-changing impact.

“These floors are actually tile! My clients have dogs, so they wanted something easy to clean but still sophisticated. This didn’t come *near* the price of herringbone wood floors, and they practically look the same.”

COURTESY APPLE PHOTOGRAPHY  
STILLS: COURTESY OF MANUFACTURERS (6)





**Chandelier**  
Livex  
Pennington  
6-light  
chandelier,  
\$400;  
bellacor.com.



“If I want to bring drama into a space, I go for lighting. These pendants have a wow factor without detracting from the other parts of the room.”

**Pendant** Hinkley  
Lighting Congress  
mini pendant,  
\$149; wayfair.com.



**Bud vases** Clear glass bottle bud  
vases, \$12 for 6; jamalgarden.com.



**French café  
chair**  
Bistro chair,  
\$150;  
pier1.com.



**Farm table**  
Dining table,  
\$160;  
walmart.com.



**Upholstered stool** Linon Lava  
Morocco stool, \$108; overstock.com.



“I treat stainless appliances like a neutral, so I have no problem mixing my metals by adding brass hardware and lights.”

**Task light** Barbara Cosgrove Library one-light antique brass sconce, \$215; zincdoor.com.



**Chrome faucet** Glacier Bay Lyndhurst 2-handle bridge side sprayer faucet, \$128; homedepot.com.



**Brass hardware** Card-file pull, \$14, and hex knob, \$17; schoolhouse electric.com.



**Soap dispenser** Olive oil cruet with pourer, \$6; suritatable.com.



**Artichoke sculpture** A&B Home decorative ceramic figurine, \$24.99; target.com.



**Metallic bowl** Gold catchall with lid, \$12.95; cb2.com.



**Floral fabric** Jenny Peony on Mint by Domesticite, \$17.50 per yard; spoonflower.com.

**Ceramic pitcher** Large Gluggle jug, \$39.99; amazon.com.



**Glass dome** Threshold acacia and glass cheese dome, \$19.99; target.com.



**Boxwood topiary** Boxwood tree, \$49; westelm.com.



“Fabric is the key to brightening a room. This little window shade both softens the tile wall and adds great color.”

“I love to decorate with functional items like cutting boards, plates, and cake stands. That way, you aren't taking up precious counter space with things you don't use.”





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at home

◀ Glass citrus juicer,  
\$9.95; surlatable.com.

◀ Half-dozen egg  
crate, \$12;  
anthropologie.com.

Bodum Chambord ▶  
French press coffee  
maker, \$28.99;  
wayfair.com.

Cow creamer, ▶  
\$9.95; fishs  
eddy.com.

# FAST, HEALTHY, ACTUALLY DOABLE BREAKFASTS!

We know your mornings are hectic (hello, we're women too), but that doesn't mean you have to skimp on the most important meal of the day. These shortcuts will get you out the door on time and smiling.

REPORTED BY CHARLOTTE DRUCKMAN



at home



## A gourmet scramble in seconds

Scrambled eggs are the perfect choice when you need to power up fast, but they don't have to be basic. Add one of these common, already-in-your-fridge condiments and suddenly they're *Top Chef*-worthy.

[ON THE GO]

## GENIUS EGG HACK

Adapted from chef Jody Williams's *Buvette* cookbook

[1] Cut a square of parchment and place a pinch of salt and a crack of black pepper in the center. Put your unpeeled hard-boiled egg on top. [2] Gather the ends and twist them together to form a little packet. [3] When you're ready to eat it, twist apart the parchment, remove the egg from its shell, and dip it in the salt and pepper.





# Step up your toast

Back away from the jelly—instead, top your bread with something just as quick but way more exciting (and packed with protein, so you'll stay full for hours).



CREAM CHEESE, HALVED CHERRY TOMATOES, BASIL, SALT & PEPPER



PEANUT BUTTER, SRIRACHA, CILANTRO (IT'S DELICIOUS IF SPICY IS YOUR THING)



TAHINI, RASPBERRIES, HONEY, FRESH MINT



MASHED BANANA, WALNUTS, CINNAMON



LABNEH, SALT, PEPPER, AND A GOOD DRIZZLE OF OLIVE OIL

## [MAKE THIS]

### LABNEH

*This Middle Eastern spread is just super-strained yogurt. So much healthier than cream cheese!*

**Adapted from *Yogurt Culture* by Cheryl Sternman Rule**

► Set a colander in a large, deep bowl. Line it with 2 crisscrossed paper towels that cover all the holes in the colander and hang generously over the sides. Mix **4 cups plain whole-milk or low-fat yogurt** with  **$\frac{3}{4}$  tsp kosher salt** and scrape it into the colander. Cover with the paper towel overhang. Compress it by setting a pot lid slightly smaller than the colander's diameter on top of the covered yogurt (cast iron

is ideal, but you can use a stainless-steel lid with a few cans on top). Cover the top of this apparatus with plastic wrap. Refrigerate 36 to 48 hours, until  **$1\frac{1}{4}$  to  $1\frac{1}{2}$  cups** of whey have drained and you're left with a thick cheese. Labneh will keep 10 days to 2 weeks airtight in the refrigerator. **Makes about 2 cups. Per 2-Tbsp serving: 37 cal, 2 g fat (1 g sat fat), 3 g protein, 3 g carb, 0 g fiber.**





# The 330-calorie egg sandwich

Now here's a breakfast sammie that won't fill you with regret: whole-wheat English muffin, veggie sausage patty, and some spinach for good measure. Hot sauce not required, but highly recommended.



We like MorningStar Farms maple veggie patties: Their sweetness balances out the inherent saltiness of the sandwich.

## BEST-EVER EGG SANDWICH

Active: 5 minutes

Total: 5 minutes

- 1 whole-wheat English muffin
- 1 veggie sausage patty (we like MorningStar Farms; see note)
- 1 tsp olive oil
- 1 egg
- Handful of baby spinach leaves
- Hot sauce (optional)

1. Toast the English muffin and nuke the patty according to instructions.

2. Meanwhile, in a nonstick skillet over medium heat, add the olive oil. Crack the egg into a small cup (this will help you fish out any bits of shell) and pour the egg into the pan. Let sizzle for about 1 minute, until the edges are cooked. Lower the heat to medium-low, cover skillet, and cook until the whites are done but the yolk is still runny, about 1 minute longer.

3. Assemble the sandwich by placing the veggie patty on the bottom bun (we squirted on some Sriracha), then the egg, spinach, and top of the bun.

Makes 1 sandwich. 330 cal, 14 g fat (3 g sat fat), 22 g protein, 6 g carb, 6 g fiber.

## [MAKE THIS]

# BREAKFAST COOKIES

*This confection rivals any doughnut in deliciousness, and it's packed with energy to keep you going until lunchtime.*

Active: 12 minutes  
Total: 30 minutes

- 2 Tbsp flaxseeds (optional)
- 1 cup mashed bananas (about 3 ripe bananas)
- ¼ cup honey
- ¼ cup coconut oil or butter, melted
- 1 tsp vanilla extract

- 1½ cups rolled oats
- ½ cup whole-wheat flour
- ½ cup unsweetened coconut flakes
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup semisweet chocolate chips
- ¼ cup dried cranberries
- ¼ cup chopped dates
- ¼ cup chopped nuts (optional)

1. Heat oven to 350°F. Combine the flaxseeds with 5 Tbsp water. Let sit until seeds absorb some liquid, about 10 minutes.

2. In a bowl, combine the flaxseeds, bananas, honey,

coconut oil, and vanilla extract.

3. In a larger bowl, combine the oats, whole-wheat flour, coconut, baking powder, baking soda, and salt, and whisk together to incorporate. Pour in the banana mixture and add

the chocolate chips, dried fruits, and nuts (if using). Fold to combine using a rubber spatula.

4. Scoop 1 heaping Tbsp of batter onto a parchment-lined baking sheet and press down using the back of a spoon to flatten slightly. Repeat with rest of the batter. Bake until golden brown, rotating once, about 18 to 20 minutes. Transfer cookies to a wire rack to cool, and store airtight at room temperature.

Makes 16 cookies.  
Per cookie: 145 cal, 8 g fat (6 g sat fat), 2 g protein, 19 g carb, 3 g fiber.





Sweet raisins and tart cranberries.

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*I love redheads*

*Stop, I'm blushing*



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[MAKE-AHEAD GENIUS]

## EASIEST OATMEAL EVER

*Amanda Hesser, cofounder and CEO of the cooking website food52.com and mom to 8-year-old twins, shares her go-to. This can be served straight from the fridge or warmed in the microwave.*

"Mornings at our house start out calm, but no matter how early we get up, there are always cries for help, lost boots, and homework sheets suddenly in need of signing as the clock turns to 8:10. School-day breakfasts call for no recipes, so I like to make overnight oats. You dampen one part oats with one part milk (nut milk, coconut milk, or whatever milk you like), along with dried fruit, spices, nuts, and a sweetener of your choice. Let the mixture sit overnight in the fridge. By morning you have a hearty breakfast—and because the oats weren't cooked, they hold their texture without seeming too heavy. My kids like to eat them with a swirl of honey on top."



CINNAMON,  
POWDERED  
GINGER, GOLDEN  
RAISINS,  
SESAME SEEDS

SLICED ALMONDS,  
DRIED FIGS, HONEY

## The cold cereal makeover

Nothing's faster than pouring dry cereal from a box into a bowl. These extras add only seconds more to the process but elevate your dish to some seriously awe-inspiring levels.

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COCOA POWDER

MAPLE SYRUP,  
DRIED CHERRIES,  
PISTACHIOS





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at home

## Blend up something brilliant

It's practically a proven fact that a smoothie in the morning makes your day better. If you do a little night-before chopping, they're unbelievably fast too. And portable!

Combine all ingredients in a blender and purée until smooth. Each recipe makes 2 smoothies.

### 1. COCOA-ALMOND

2 Tbsp cocoa powder, 2 chopped and frozen bananas, 3 pitted dates,  $\frac{3}{4}$  cup almond milk, and 1 cup ice cubes

### 2. AVOCADO-KIWI

1 avocado, 2 peeled and diced kiwi, 1 cup plain nonfat yogurt, and 1½ cups frozen pineapple

### 3. VEGGIE

4 small precooked, peeled, diced, and frozen beets,  $\frac{3}{4}$  cup shredded carrots, 1 cup orange juice, and 2 diced and frozen bananas

### 4. CREAMSICLE

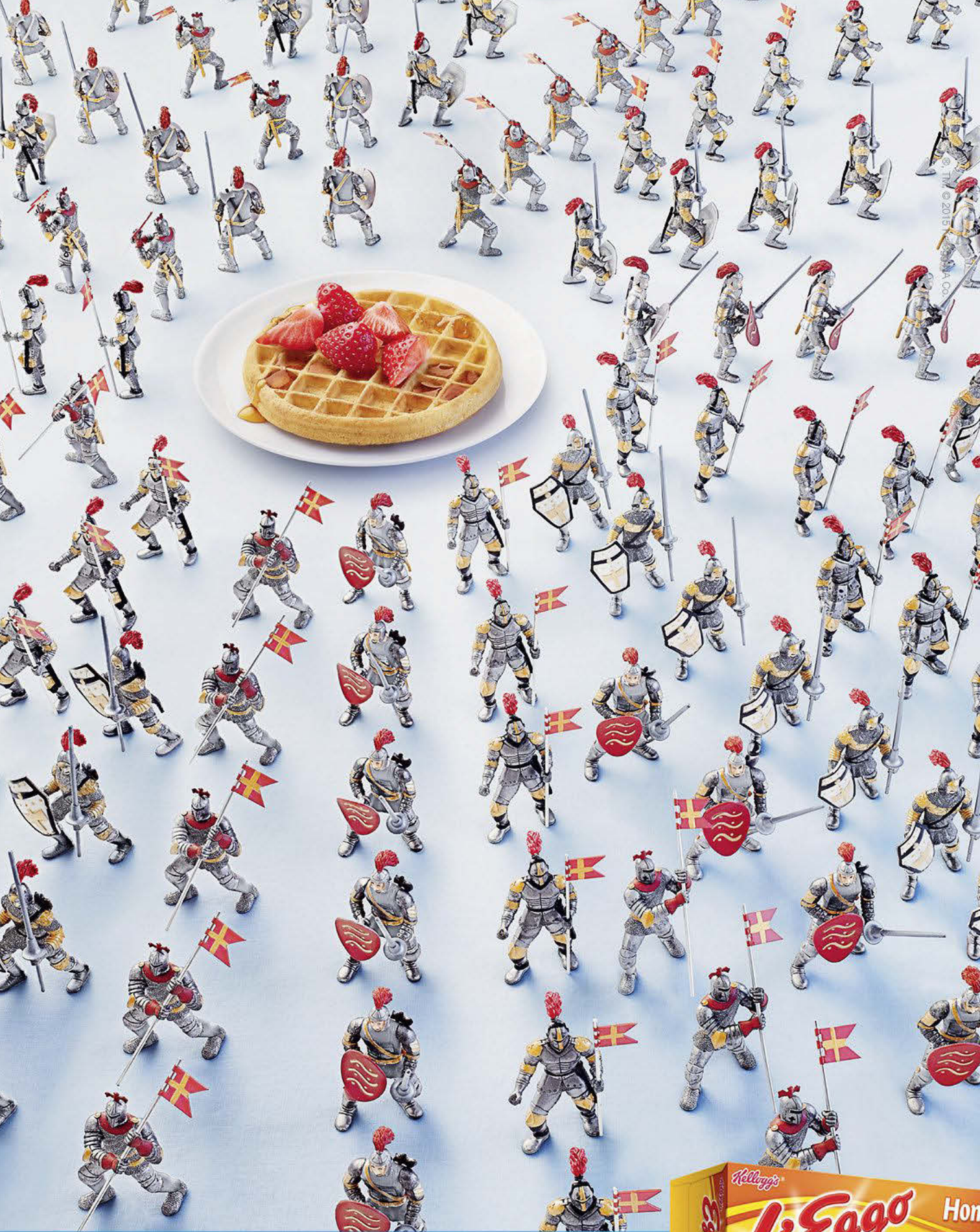
1 peeled and frozen navel orange,  $\frac{1}{2}$  cup orange juice, 1 cup vanilla yogurt, 1 Tbsp honey, and 1 cup ice cubes

### 5. BERRY

$\frac{1}{2}$  cup each frozen blueberries and frozen raspberries, 1 cup frozen strawberries, 1 cup plain nonfat yogurt, 1 cup almond milk, and 1 Tbsp honey







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# How to be a joyful eater

The secret, as Sharon Damelio discovered, is self-acceptance. Who cares if you aren't a size 6 when you have a life filled with friendship, love... and chicken and dumplings.

**S**ometimes I wonder what life would be like if my inner thighs didn't touch. I could wear a dress on a hot summer day without dreaded inner thigh chafing. I'd be able to hang on to a pair of jeans for more than a year because the inner seam wouldn't yield to unrelenting friction. I could wear real shorts (long ones don't count!) without having to yank them down every few steps.

I am certain that these benefits—and legions more—are delightful, but I have come to accept that this will never be my life. No matter how many miles I run, how many lunges I complete, how much kale I shovel down my gullet, my thighs will not be separated. They are in this together.

I struggled throughout high school and college to mold my curvy, athletic figure into lithe, jiggle-free perfection. I had varying success,

but never achieved that unrealistic goal in a sustainable way. These days, I've come to terms with the state and fate of my thighs, in part because I know it's damn near impossible to swim out of your gene pool. When I look at my mom, I see myself: the same round face and upturned nose, the same gentle curve of the waist and wide flare of the hips, the same strong, sturdy legs.

I love my mother's body, and I love that I am built on her blueprint. I love that our genetic connection runs even deeper than our bones. We have the same iron will, back-breaking work ethic, and coarse sense of humor. Perhaps most important, though, we share the same fierce love of food. My mother, a seasoned cookbook author, balanced my baby seat on the kitchen counter

so I could watch her cook, taught me colors in the produce aisle, and let me peel my first pile of potatoes at the ripe old age of 3. I have loved food as long as I have loved her.

I know that between this and the genetics of soft curvature, there is little hope that my thighs will someday breeze past each other unscathed. I am mostly okay with that. When my mom was losing weight nearly a decade ago, someone gave her a little embroidered pillow that read, "Nothing tastes as good as being thin feels." I would respectfully like to call BS on that. I don't ever intend to live a life marked by wantonly stuffing my face with anything and everything, but I refuse to avoid truly amazing food—that perfect croissant, that earthy Bolognese, or that second (or third) glass of rare wine—in pursuit of being thin. The little aphorism fails to recognize that food is not only about taste; it's about experience and relationships.

When I look back on my life, I want to remember the morning a friend made biscuits so light and tender I thought I might cry, the birthday night my husband (who does *not* bake) surprised me with a homemade coconut cake, the times Granny cooked us chicken and dumplings even though she didn't like them. Food like that—hunks of chicken and fluffy dumplings nestled into rich sauce—is the essence of love. My grandmother made that dish

**I refuse to avoid truly amazing food in pursuit of being thin."**

Left: Sharon (middle) with her sister Maggy and mother, Pamela. Below: the trio in the summer of 1986.





every time we visited because she understood an important truth: Cooking for people gives expression to something deep and dear, something that words often fail to capture but homemade dumplings always do.

I will eat (and love) quinoa and lentils and revel in the abundance of fresh fruits and vegetables. But I refuse to limit my diet to only these things. In order to stay healthy and strong, I will run, swim, bike, walk, dance, and hike, but I won't torture myself to achieve a body I cannot sustain.

To me, there is something deeply liberating in knowing that no one—my husband included—loves me because my body is perfect. Being imperfect gives me permission to live my life with great joy, a healthy dose of moderation, and a little excess, and it makes it okay for the years to manifest themselves on my body in marks, scars, and curves. I've seen what that looks like on my mother, and let me tell you, it's gorgeous.

Active: 15 minutes

Total: 30 minutes

**1¾ cups flour**

**½ cup yellow cornmeal**

**1 Tbsp baking powder**  
**Salt**

**¼ cup thinly sliced scallion greens**

**¼ cup chopped cilantro leaves and tender stems**

**1 cup whole milk**

**7 Tbsp unsalted butter**

**1 14.5-oz can chicken broth**

**1 16-oz jar salsa verde (about 2 cups)**

**1 5-oz can evaporated milk**

**1 2- to 3-lb rotisserie chicken, meat picked and left in large chunks (about 6 cups)**

**1.** Heat oven to 400°F and adjust the rack to the lower middle position.



**2.** Whisk together 1½ cups flour, the cornmeal, baking powder, and ¾ tsp salt in a medium bowl; stir in the scallions and cilantro. Heat the milk and 3 Tbsp butter over medium heat in a small saucepan until steamy. Stir the milk mixture into the flour mixture to form a smooth, firm dough; set aside.

**3.** Heat the remaining 4 Tbsp butter in a large, deep skillet or a 5- to 6-qt Dutch oven over medium-high heat until foamy. Whisk in the remaining ¼ cup flour until smooth. Whisk in the broth, salsa verde, and evaporated milk until smooth. Bring to a boil, stir in the chicken, and simmer until the sauce is thickened and

coats the back of a spoon, about 5 minutes.

**4.** Pinch the dough into pieces the size of a ping-pong ball (you should get about 18 balls) and drop onto the chicken mixture. Cover and transfer the skillet to the oven; bake until the dumplings are puffed and cooked through, about 15 minutes. Let rest for 5 minutes before serving.

*Makes 6 servings. Per serving: 644 cal, 29 g fat (13 g sat fat), 48 g protein, 44 g carb, 2 g fiber.*

Adapted from *Three Many Cooks*. Copyright © 2015 by Pamela Anderson, Maggy Keet, and Sharon Damelio. Published by Ballantine Books.



< Aero flatware, \$59.95 for 5-piece place setting; crate andbarrel.com.

# Fresh and light pork dinners

*Brady Bunch* chops these definitely are not. The dishes here are tasty and super good for you, coming in at less than 320 calories per serving.



## SPRING VEGGIE AND PORK KABOBS

Active: 15 minutes

Total: 25 minutes

- 4 tsp vegetable oil, plus more for pan
- 2 boneless pork chops (about 1 lb and 1½ in. thick each), trimmed and cut into 2-in. pieces
- 8 small radishes, trimmed
- 1 medium zucchini, cut into 1½-in. pieces
- 4 scallions (white and light green parts only), cut into 2-in.-long pieces
- 1½ tsp fresh lime zest
- 1½ tsp ground cumin
- 1 tsp chili powder
- Kosher salt
- ¼ tsp cayenne pepper (optional)

Lime wedges and cooked white rice, for serving

1. Heat a grill or grill pan over medium-high heat. Lightly brush with the oil.

2. In a large bowl, combine 4 tsp oil, pork, radishes, zucchini, scallions, lime zest, cumin, chili powder, 1 tsp salt, and cayenne (if using). Toss well to combine. Thread the pork and vegetables onto four 12-in. skewers. Place the skewers on the grill and cook, turning, until the pork is cooked and the vegetables are slightly browned, 8 to 10 minutes. Serve with the lime wedges and rice, if desired.

*Makes 4 servings. Per serving: 252 cal, 15 g fat (4 g sat fat), 25 g protein, 3 g carb, 1 g fiber.*

## PORK CUTLETS WITH CHOPPED GREEK SALAD

Active: 25 minutes

Total: 25 minutes

- 2 boneless pork chops (about 1 lb and 1½ in. thick each), trimmed and halved lengthwise
- 1 Tbsp fresh lemon zest
- ¼ cup plus 1 Tbsp fresh lemon juice
- 3 Tbsp extra-virgin olive oil
- 2 cloves garlic, smashed
- Kosher salt and pepper
- 1 red bell pepper, seeded and chopped
- ½ cucumber, seeded and chopped
- ½ small red onion, chopped
- 6 oz cherry tomatoes, halved (about ½ cup)
- ¼ cup pitted Kalamata olives, halved
- 1 tsp dried or 1 Tbsp fresh oregano, chopped
- 3 oz feta cheese, crumbled (about ¼ cup)

1. Place the pork between 2 pieces of plastic wrap and gently pound until ¼ in.

thick. Repeat with the remaining pieces of pork. In a large resealable plastic bag, combine the pork, lemon zest, ¼ cup lemon juice, 1 Tbsp oil, garlic, and ½ tsp each salt and pepper. Let sit for 10 minutes.

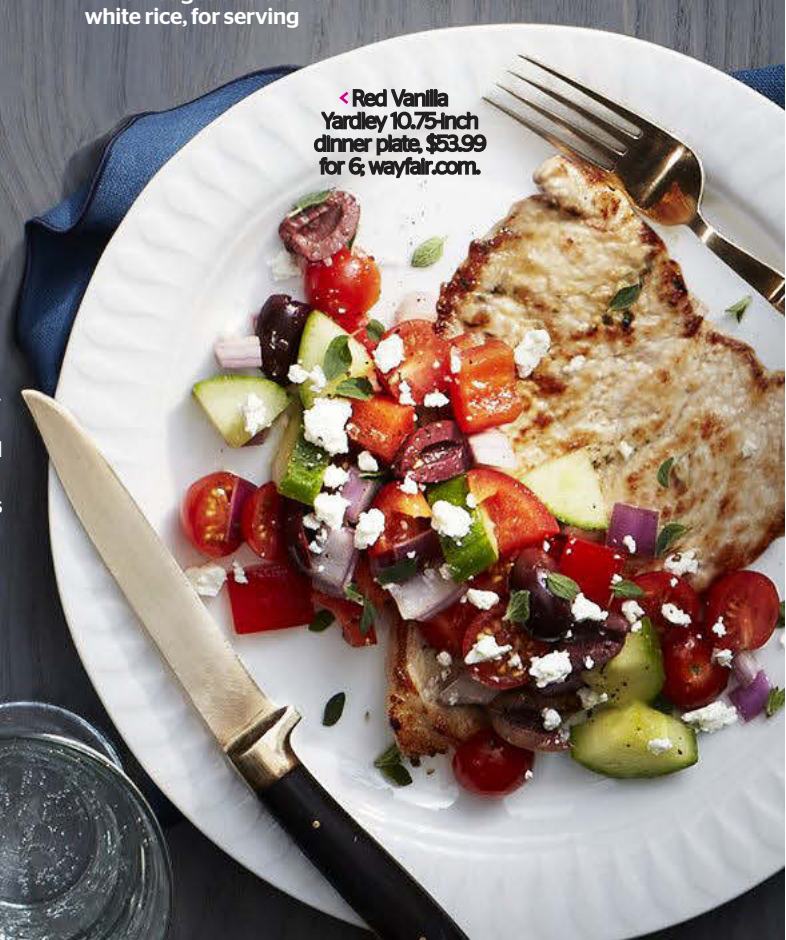
2. Meanwhile, in a bowl, toss the bell pepper, cucumber, onion, tomatoes, olives, oregano, 1 Tbsp oil, 1 Tbsp lemon juice, and ½ tsp each salt and pepper. Let sit as you cook the pork.

3. Heat remaining oil in a large skillet over medium-high heat. Remove the pork from bag; pat dry with paper towels. Add to the skillet in batches and cook until done, 2 to 3 minutes per side. Transfer to a plate; repeat with the remaining pork. Serve topped with the salad; garnish with the feta.

*Makes 4 servings. Per serving: 313 cal, 22 g fat (6 g sat fat), 21 g protein, 6 g carb, 2 g fiber.*

—Recipes by Khalil Hymore

< Red Vanilla Yardley 10.75-Inch dinner plate, \$53.99 for 6; wayfair.com.





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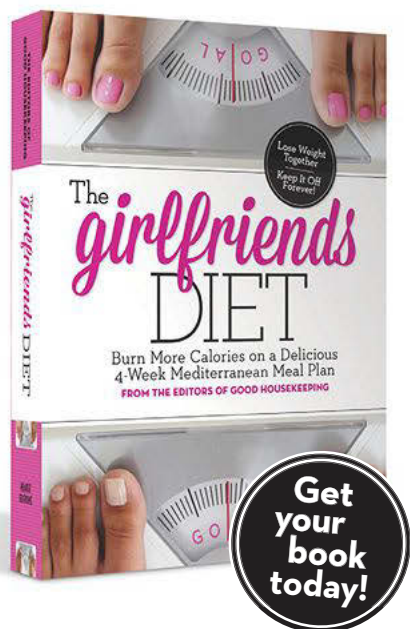
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**Page 49:** Urban Decay Naked Skin **Powder Foundation**, \$36; ulta.com. BareMinerals Original **Foundation Broad Spectrum SPF 15**, \$28; bareminerals.com.

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browncosmetics.com. Estée Lauder Pure Color Envy **Sculpting Lipstick**, \$30; esteelauder.com.

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**Page 56:** Matrix Biolage **Cleansing Conditioner** for Curly Hair, \$13; matrix.com. Wella Professionals Enrich Moisturizing **Shampoo**, \$13, and Moisturizing **Conditioner**, \$14; wella.com for salons. Mizani Thermasmooth **Shampoo**, \$14.16, and Thermasmooth **Conditioner**, \$18.36; mizani.com. KMS California MoistRepair **Therapy Treatment**, \$16.99; kmscalifornia.com for salons.

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**Page 59:** Phyto Phytovolume Actif **Volumizing Spray**, \$29; nordstrom.com.

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**Page 64:** Alterna Cleanse Extend Translucent **Dry Shampoo**, \$22; alternahaircare.com.

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**Page 68:** Deborah Lippmann **Nail Lacquer**, \$18; deborahlippmann.com. Zoya MatteVelvet **Top Coat**, \$10; zoya.com. Nails Inc Alexa Lace **nail polish**, \$15; nailsinc.com. Chanel Le Vernis **Nail Colour**, \$27; chanel.com. Butter London **Nail Lacquer**, \$15; butterlondon.com. Ciate Mini **Nail Polish**, \$9; sephora.com. Nails Inc Alexa Stars **nail polish**, \$25 for set of 6 polishes. Only **nail polish**, \$8.50; orlybeauty.com. JINsoon Topping **top coat**, \$18; spacenk.com. OPI **Nail Lacquers**, \$9.50 each; ulta.com. Marc Jacobs Beauty Enamored Hi-Shine **Nail Lacquer**, \$18; sephora.com. CND Vinylux weekly **polish**, \$10.50; cnd.com. Skinfix **Hand Repair Cream**, \$17.99; target.com.

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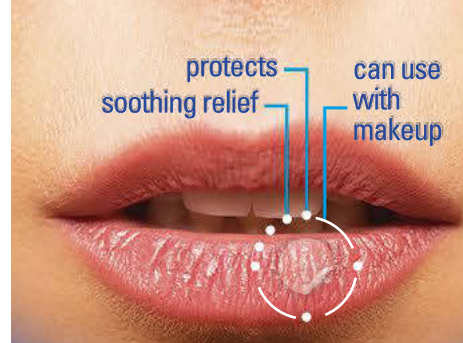
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# The truth about your lies

We asked 1,000 women to come clean about their most common little fibs (and huge whoppers). Be honest: This sounds familiar!

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OLD HABITS DIE HARD

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PERCENT  
OF YOU  
*lie to your*  
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MORE THAN  
*anyone else.*

**TEN** PERCENT

OF YOU HAVE  
**MONEY SOCKED AWAY**  
THAT YOUR PARTNER  
HAS **NO** IDEA ABOUT.

**46%**

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**HONESTY**  
TAKES A  
BACKSEAT  
WHEN...

**58%**

"I'M TRYING TO  
PROTECT SOMEONE'S  
FEELINGS."

**19%**

"SOMEONE ASKS  
ME SOMETHING TOO  
PERSONAL."

**12%**

"I'M ATTEMPTING TO  
STAY OUT  
OF TROUBLE."

**11%**

"I'M WORRIED THE  
TRUTH WILL  
CHANGE SOMEONE'S  
OPINION OF ME."



# **REAL LEAF-BREWED TEA**

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